

goodfood

Middle East

Fresh for Spring

Mouthwatering recipes that make the most out of seasonal ingredients

8 UAE-based healthy restaurants

FOOD & FITNESS:
tips for getting into shape

Ways to cook with lamb

- Barbecued lamb with mint chutney
- Lamb lasagne
- Hay-baked leg of lamb

Tried & tasted

Restaurant recommendations & reviews in Dubai & Abu Dhabi



Pea, broad bean & rocket risotto with chicken

Celebrity chefs take on Dubai...



Pierre Gagnaire launches
Pierre's Bistro & Bar



Heston Blumenthal to open at The
Royal Atlantis Resort & Residences



Richard Sandoval refurbishes
Maya Mexican Kitchen

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BEST MEAT RESTAURANT

Welcome to April!

We're celebrating beautiful spring ingredients this month at *BBC Good Food Middle East*.

Ingredients – particularly from Europe – have woken up after the frost of winter, and are making a colourful appearance in the fresh produce aisles of supermarkets - so in this edition we're taking full advantage with fantastic seasonal recipes.

Inside this month's issue, you'll find plenty of fresh, wholesome recipes with a slightly lighter touch – ideal for enjoying as temperatures in the region begin to rise.

Turn to page 42 for a taste of this season's best (*Spring green*). Dishes of pea, broad bean & rocket risotto with chicken, and mint chutney, barbecued lamb & potato salad are a must-try.

If you're entertaining friends and family this month, the special lunchtime menu for six on page 30 showcases the most beautiful hay-baked stuffed leg of lamb, with cumin carrots and tear-and-share feta flatbreads – not forgetting the sticky banoffee loaf with toffee sauce to finish.

Inside, you'll also find a range of restaurant reviews and recommendations, including great spots to check out in Dubai, Abu Dhabi, plus a health-driven selection of those restaurants offering lighter, nutritious menus.

We hear from chefs including the likes of famed Pierre Gagnaire on his new opening at InterContinental Dubai Festival City, Richard Sandoval talks about the reopening of Maya Mexican Kitchen, and Heston Blumenthal reveals he's going to open Dinner in Dubai next year.

Have a wonderful time in the kitchen this month, everyone!

Until next month,



Sophie
Editor

WHAT WE'RE LOVING!



"For a light but filling dish, try this grilled sea trout dish with prosciutto, samphire & lentils," says sales executive, Liz.



Sales director, Michael says: "This pea & broad bean shakshuka really celebrates spring produce and gives it a local twist!"



"This Singapore chilli crab is a real crowd-pleaser," says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🚫 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



Last month's BBQ issue came just in the nick of time, as my wife and I bought a brand new barbeque a few weekends ago. We've already tried a few recipes from the magazine and all of them have been so tasty! I'd highly recommend to other readers, trying the super luxe suft & turf from 'Thrill of the grill' feature. I cooked this lobster and T-bone feast for our friends last weekend and they were so impressed. So simple to make, but it felt like we were in a restaurant dining. Cheers, BBCGFME!

Alan Forest



Recently I've been in a bit of a slump, not doing any exercise. So the goal I set in January 2018 was to train myself to become fit enough to do a triathlon. Your story 'Eating for a triathlon' in the March issue was fantastic, and has really helped guide me on what I should and shouldn't be doing. A big thank you to nutritionist Adrianne for offering the advice. Please keep the health advice and healthy recipes coming!

Janette Parkinson



One of the reasons I love BBC Good Food ME, is for the monthly travel recommendations. I never knew such a spectacular, unique dining experience like dining on the top of a mountain in Oman was available to close! I've already booked a trip to visit Six Senses Zighy Bay next month. Thanks for the recommendation – I can't wait to visit.

Erica Brown

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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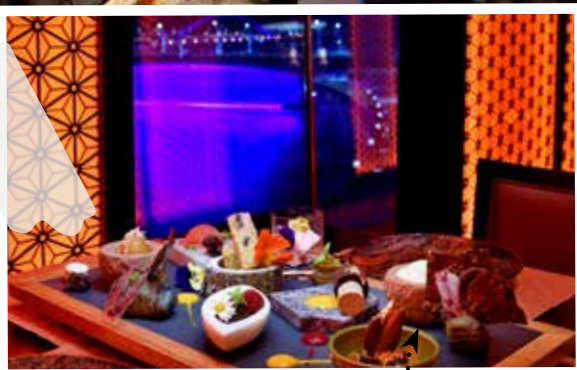


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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



FOR TWO-NIGHTS ONLY

A taste of Brittany in Dubai

Delight in a two-night culinary spectacle on April 11 and 12, at Atlantis, The Palm's underwater restaurant, Ossiano, where the outlet's chef de cuisine, Grégoire Berger (named the 10th Best Chef in the World at The Best Chef Awards 2017), will join forces with two-time Michelin-star recipient, chef Ronan Kervarrec, to create a bespoke dinner.

From 7pm until 10.30pm on each of the days, a nine-course menu will feature dishes inspired by both of the chef's hometown of Brittany, France, priced at Dhs995 per person.

Chef Grégoire and chef Ronan began their inspiring careers in the Brittany region of northwest France, known for its beautiful beaches, green countryside and recognised cooking. The menu features chef Ronan's signature dishes from his restaurant La Table de Plaisance, located in Saint Emilion, as well as Ossiano favourites. Upon arrival, enjoy canapés before tasting oysters with kiwi tartare, dulce meringue, chervil sorbet and sea foam. The chefs will serve Brittany king crab with puy lentils, crab jus perfumed with curry and coral, light coconut cream, followed by hake on sea lettuce with clams and asparagus.

The bresse poultry, stuffed with lobster, crunchy ink, shellfish oil and artichoke will please with its rich flavours, before the sweet taste of cheese doughnut with duck fat and nori jam. For dessert, enjoy apple soufflé and cider caramel with green apple sorbet and cinnamon and the mouthwatering Brazilian chocolate crème brûlée macaé 62%, coffee espuma and buckwheat crumble. For reservations, e-mail restaurantreservations@atlantisthepalm.com or call +971 04 426 0770.

Battle of the Chefs returns

Battle of the Chefs is returning to Rang Mahal by Atul Kochhar at JW Marriott Marquis Dubai once again for what promises to be a sizzling evening of culinary flair. Experience a unique opportunity to sample the cuisine of famed chef Atul Kochhar and British celebrity chef Nigel Haworth, as the two chefs battle each other in a culinary cook-off.

On April 4 from 7pm – 11pm, visit Rang Mahal to watch the chefs go head to head in the kitchen and sample a five-course menu from both Atul and Nigel, to decide who will win on the night. Priced at Dhs395 per person, for the menu, canapés and a welcome drink, enjoy an exciting evening, meeting and greeting with the chefs. For reservations, call +971 4 414 3000, whatsapp +971 56 655 2459 or e-mail jwmmrr@marriott.com.

THE BEST BITES



Local produce gets more accessible

Home to a large variety of fresh organic fruits, veggies, and other organic essentials, Ripe Organic Farm Shop has been busy expanding its accessibility across Dubai with the opening of new retail stores – making locally grown produce easier to obtain. Ripe stores are now open at Park Centre Mall in Mirdif, Shoreline 8 at Palm Jumeirah, Town Centre Mall at Jumeirah 1, and Al Manara, Umm Suqeim.

In addition to fruits and vegetables, the store has expanded its organic range to make the shopping experience more of a one-stop-shop. Find produce like organic chicken, dairy and free-range eggs, freshly baked artisan bread, superfoods, gluten and dairy free snacks, local raw honey, and all your store cupboard essentials at the Ripe Organic Farm Shop. For more information or to order online, visit ripeme.com.

TOP PRODUCT PICK

Launched in March by Nespresso, the new Lattissima One machine provides a convenient, compact and easy-to-use solution for coffee lovers. With just one button to prepare your favourite coffee and milk drink, simply fill the milk container to the correct level for your chosen milk recipe, press the button and the machine will froth the fresh milk directly into your cup. Designed to provide a single serving, the machine will always use the total quantity of milk in the container, eliminating any milk wastage. Cleaning the machine is also easy as the milk container can go straight in the dishwasher. Available in 'silky white' or 'mocha brown' colours. Priced at Dh\$1,443.75 including VAT, the new machine is available from all Nespresso boutiques in the UAE and online at www.ae.buynespresso.com.

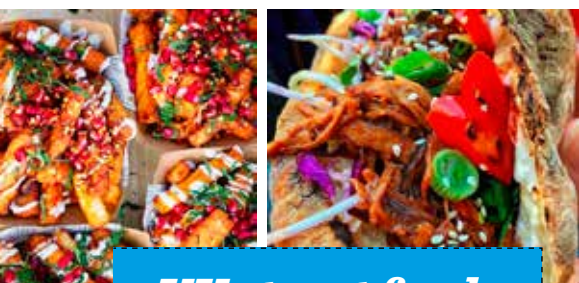


GOODNESS CART LAUNCHES

Goodness Cart, a new e-commerce platform, has launched to offer access to all your lifestyle health and wellness needs in the UAE. Goodness Cart brings an entirely new concept of a 'marketplace' platform, providing access to multiple suppliers and brands under one virtual roof. Goodness Cart offer a wide range of natural and organic products: fresh produce and dry goods, as well as a selection of natural beauty, homecare and baby & child products.

Goodness Cart offers next-day delivery across the UAE allowing you to choose a preferred timeslot. Fresh produce is cold-packed for unattended deliveries to ensure it can withstand being left at the delivery point for an hour or two.

"The idea behind Goodness Cart is to make wellbeing a lifestyle choice and to make it simple and accessible to everyone. I was diagnosed with celiac disease and had to change my diet and general attitude towards the way I conduct my life. It is time-consuming to identify and visit many different retailers, whether for food, make up or cleaning products that align with a healthier lifestyle. It can be a stressful addition to everyday life," says Geeta Pahlajani, the founder and brainchild behind Goodness Cart. Visit goodnesscart.com.



UK street food market comes to Dubai

Soho Garden at Meydan Racecourse Grandstand launched KERB, the UK-based street food market, on March 31 – and is now open to visit every weekend. Known for serving the tastiest bites prepared on the spot and ready to devour, KERB street food market offers a wide and flavourful selection of ten different food traders with cuisine from around the world. The food traders' selection includes the squid masters, INK; build-your-own poke with Lords of Poke; monster burgers by Mother Flipper; killer fries by Oli Babas; Battered goodness from Only Jerk; spicy vegetarian by the Spice Box; decadent pasta served by The Cheese Wheel; exotic souvlaki at The Grilling Greek; sizzling Asian barbeque at The Smoking Lotus and zesty tacos by Club Mexicana. For more information, call +971 56 82 22 559 or e-mail reservations@sohogardendxb.com.



INTRODUCING

The hybrid softie

We've all been there – stood at the softie ice cream counter trying to decide between two flavours. Well, now you can have them both with SALT's new 'hybrid softie', which combines the 'lotus softie' – a vanilla delight covered in crumbings of delicious lotus biscuits and drenched in caramel – and the 'brownie softie' with swirls of rich chocolate ice cream topped with real brownie sprinkles. This fusion of light and dark, soft and crunchy, sweet caramel and chunky brownie pieces means that Salt-goers no longer have to make the difficult choice between their favourite flavours. The hybrid softie (Dhs25) is also available as a hybrid milkshake (Dhs35). See find-salt.com.



TRY THIS MONTH!

Wild garlic


The new darling bud of spring, wild garlic covers menus as abundantly as it does forest floors during its short season. Raw, the stalks and flowers can substitute for chives. The leaves, chopped and blitzed, can replace any soft green herb, adding a mild garlic, oniony flavour to salsas and sauces. Or scatter through a risotto or on an omlette.

Wild garlic loses its pungency when cooked, and becomes more like spinach. Also, as the leaves are broader and more robust than spinach, they are idea for wrapping and stuffing.






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Dinner in Dubai

Award-winning British celebrity chef, Heston Blumenthal is set to open his first Dubai-based restaurant, 'Dinner by Heston Blumenthal' at the new Royal Atlantis Resort & Residences, when the hotel opens early next year

Heston Blumenthal is the latest celebrity chef to set sights on Dubai. The famed chef has announced that he will be opening his multi award-winning concept, Dinner by Heston Blumenthal, at The Royal Atlantis Resort & Residences, which is currently under construction and due to open early in 2019.

With successful outposts in London and Melbourne, this opening will represent the third 'Dinner' to open internationally for chef Heston. The new restaurant will be located in the heart of the resort and will include a dedicated bar, two outside terraces and a private dining room. The restaurant will offer contemporary dishes inspired by historic gastronomic recipes dating back to the 1300's.

"I am truly excited about opening in this incredible location – it is not often that an opportunity in such a perfect space comes along. The backdrop is outstanding and the views of the Dubai skyline over the Persian Gulf are quite unique. Ashley [Palmer-Watts] and I are looking forward to creating something quite special for our guests to enjoy," says chef Heston.



The idea behind 'Dinner' stems from Heston Blumenthal's fascination with history and gastronomy, which was triggered in the late 90's after reading a 15-century manuscript known as *The Vivandier*. The book spoke of a dining experience full of playfulness and theatre, as well as intriguing ingredients and recipes. What started as an exercise in curiosity triggered almost 20 years of research and discovery, with historic-inspired dishes appearing on the menu of *The Fat Duck* in Bray, United Kingdom. When the opportunity arose to open a restaurant in London the idea of 'Dinner' began to emerge and in January 2011 'Dinner by Heston Blumenthal' opened its doors under the leadership of Chef Director Ashley Palmer-Watts.

The two chefs created a menu inspired by the tastes and flavours of Britain, from the farmers' table to the royal courts of England.

'Dinner' offers highly modern dishes inspired by a gastronomic insight from Medieval (c.1300) to Victorian (c.1800). The restaurant achieved great recognition including 2 Michelin stars in 2012, a rare accolade for an establishment of this size. Almost five-years later a second 'Dinner' opened in Melbourne and has gone on to win a stream of accolades in Australia since.



Introducing:

Pierre's Bistro & Bar

If you were a fan of Reflets par Pierre Gagnaire at InterContinental Dubai Festival City, which closed last year – we have good news! Chef Pierre Gagnaire has officially re-opened the space with a brand new restaurant: Pierre's Bistro & Bar. Talking about the launch, chef Gagnaire tells us why he had to say goodbye to much-loved Reflets, to make way for something new. **By Sophie McCarrick**

With three Michelin stars under his belt, over 10 successful restaurants worldwide and Le Chef's title of 'best chef in the world' as his own, Pierre Gagnaire is notably one of the most respected chefs in the international culinary industry.

In Dubai to oversee the opening of Pierre's Bistro & Bar, he revealed that instead of refurbishing Reflets, he thought it was time to launch a brand new restaurant. Located on the promenade level at Dubai Festival City with panoramic views over the Dubai Creek, Pierre's Bistro & Bar is a contemporary chic restaurant, bar and lounge.

Inspired by Dubai's international culture and the city's passion for memorable after-dark experiences, the new opening offers a selection of epicurean dishes and cocktails for dining journeys that unfold with the night into an elegantly late finish.

Although still sophisticated, the venue now presents a more casual vibe than Reflets did. With references to the languid glamour of Parisian bistros, the outlet is decorated with a contrasting colour palette of earthy pinks, greens and golds.

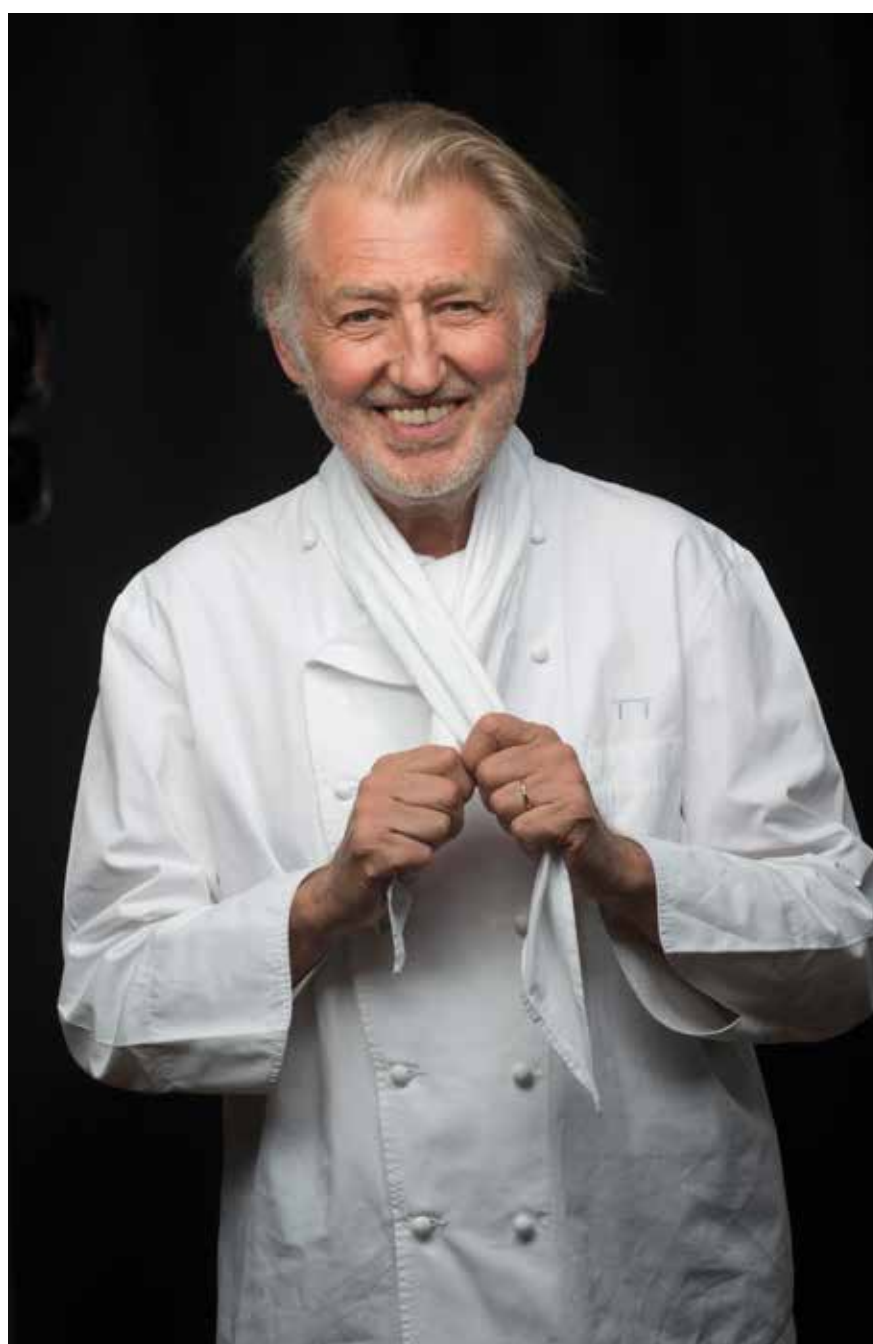
Pierre's Bistro & Bar will have DJ sets from Wednesday to Saturday and live entertainment on Fridays.

The à la carte selection of French fusion cuisine showcases ingredients gathered at their peak of freshness and quality. The menu's inclusive approach encompasses savoury vegetarian and vegan options with a variety of portion sizes including sharing, traditional and small plates.

Pierre tells more...

We're very excited to hear about the opening of Pierre's Bistro & Bar. Tell us about the concept...

Yes, it's very exciting to come back to Dubai with this new project. Pierre's Bistro & Bar is





not a concept – it's a unique experience with good food, service and fun. It's a brand-new restaurant with my personal touch, personality, and my way to give pleasure to the guest.

I don't like the word 'concept'. Each one of my restaurants is totally exceptional and different. With concept you have the same décor and food. This restaurant is created especially for Dubai.

What signature, must-try dishes can we expect to find on the menu?

It's not for me to say what the 'signature' dish is, it's the customer. For example, in Paris our signature dish is with shrimps and in Moscow, our soup is most successful there. Success of food depends on the country. What is popular in London may not be in Shanghai. Location and culture effects the success of dishes. You'll need to try Pierre's Bistro & Bar personalised meals to find out for yourself...

Where are the ingredients used in the restaurant mainly sourced from?

The ingredients are from Europe specifically Greece, Spain, Italy, Australia and France. There are locally-sourced vegetables included as well.

What kind of experience can visitors to the restaurant expect to have?

To have good food, fun, good music and a joyful atmosphere to enjoy.

When can diners expect to see you at the restaurant next?

After the opening, I will typically be in the restaurant twice a year.

Why did you decide to close Reflets and open Pierre's Bistro & Bar?

We had two options; to refurbish or change the restaurant to something new. I felt that it was time to try something new.

What is your favourite thing to make, and what advice would you give to BBC Good Food ME readers trying to make the dish at home?

I like to cook fried eggs. Eggs are in everyone's refrigerator. There are so many recipes that you can make



with eggs. You can make it with smoked salmon, vegetables, shrimps, and corn. There are many possibilities when cooking with eggs!

Out of all your career achievements which one are you most proud of?

I'm proud of my honesty and sincerity. I'm always the same, sometimes I have problems like everyone else. But, I have the energy, passion, pleasure to share, and honesty to be myself in front of people. With so many pressures around us these days, it can sometimes be difficult to remain true to yourself and not lose your identity.

For more information about Pierre's Bistro & Bar, or to make a reservation, call 04-7011127 e-mail pierres.dubai@ihg.com or visit pierresdubai.com.

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

👉 Luchador, Aloft Palm Jumeirah

Authentic Mexican roof cantina and lounge, Luchador, located on the 11th floor of the first Aloft property in Dubai, has opened doors. With views of the Arabian Gulf and Burj Al Arab, the lively venue embraces the bold from all angles, pairing eclectic décor and interiors with flavours of classic and contemporary Mexican favourites, whilst a resident DJ and live band further elevate the Latin American spirit. Luchador serves up signature tacos, guacamoles, ceviches and carnitas to pack a punch for the taste buds. Visit luchadordubai.com.

👉 Morimoto, Renaissance Downtown Hotel, Dubai

Chef Masaharu Morimoto, the internationally acclaimed celebrity chef known to millions as the star of Iron Chef and Iron Chef America, has opened his first restaurant in the UAE, Morimoto Dubai. Located on the 23rd and 24th floor of the newly opened Renaissance Downtown Hotel, Morimoto Dubai is said to seamlessly integrate Western and Asian ingredients with traditional Japanese techniques. Open daily for dinner, Morimoto Dubai's menu will feature several of the acclaimed chef's signature dishes, as well as traditional sushi served from a 24-seat sushi counter, a live teppanyaki counter headed by one of chef Morimoto's most highly regarded teppan chefs from his Michelin-starred restaurant in Japan, and desserts. Call 04-5125577.

👉 Carine, Emirates Golf Club

carine is Chef Izu Ani's (of The Lighthouse, La Serre and La Petite Maison and Izu Brasserie & Bakery) latest dining venture located in the Emirates Golf Club. A relaxed, fresh and trendy restaurant, carine celebrates good honest food made with outstanding ingredients and is perfect for all occasions from romantic dinners to large gatherings with friends. The restaurant was born to celebrate Chef Izu's love for his wife Carine and the story of how they met. The restaurant offers French Mediterranean inspired dishes, unique cocktails, a selection of freshly baked bread and desserts. carine is open daily from 7pm until 11pm and is now taking reservations. For more information visit carine.ae, call 04-4179999 or e-mail reservations@carine.ae.

Luchador, Aloft Palm Jumeirah

Text by SOPHIE MCCARRICK / Photographs SUPPLIED

THREE
BRAND NEW
BRUNCHES
TO TRY!

Little Miss India, Fairmont The Palm

Looking for a way to end your weekend on a high? Little Miss India, the eccentric restaurant and cocktail lounge has launched its LMI Saturday Brunch. With a concept focusing on 'share and tear', family style dishes and infused beverages, its new weekend brunch brings an informal way to dine with friends and family every Saturday afternoon, finishing with sundowner beverages on its alfresco terrace.

Focusing on regional Indian flavours, the brunch entails a three-course menu including dishes like lamb, chicken and prawn kebabs, poppadum's and chutneys, tandoor aloo and paneer tikka, butter chicken, lamb bhunna, tikka masalas, and dal makhana, not forgetting moreish desserts such as stuffed gulab jamun, phirnee brulee and gajjar ka kalwa (carrot pudding). Taking place every Saturday from April 7 onwards, from noon to 3.30pm. Priced at Dhs215 (soft drinks) and Dhs295 (house beverages and signature cocktails) per person. Dhs105 for children below 12 years and children below 6 years dine free. For reservations, call +971 4 457 3457 or email palm.dining@fairmont.com.



The Restaurant at Address Boulevard



Inspired by the South of France, the Friday Riviera Chic Brunch has officially launched at The Restaurant, Address Boulevard. Featuring authentic Mediterranean inspired dishes served to the table, the menu consists of a variety of cold and hot dishes and desserts from the tastiest part of southern France such as Pissaladiere, a dish that originates from Nice, while Bouillabaisse - a traditional Provençal fish stew - is from the port city of Marseille. The dessert menu offers a variety of delicacies such as tropezienne also known as "La Tarte de Saint-Tropez", a dessert pastry consisting of a filled brioche. To complete the mood, a French band plays popular French songs and a petanque court is also available for additional fun. Guests who take the Magnifique Package can enjoy premium caviar service and access to the pool until 8pm. Taking place every Friday from 12.30pm to 4pm, the new brunch is priced at Dhs325 (soft beverages), Dhs425 (house beverages), and Dhs525 (bubbly and caviar). For reservations or more information, call 04-888 3444 or e-mail dine@emaar.com.

Sho Cho, Dubai Marine Beach Resort

A new Friday evening brunch has launched at Sho Cho - to encourage making the most out of warm Spring evenings before the heat of Summer arrives. Located alongside the Arabian Gulf, enjoy sweeping views of the sea, as you savour Japanese cuisine. The dishes on offer stay true to the traditional East Asian flavours, while being presented in a contemporary style - all served to the table. Taking place every Friday from 8pm to 12am, the Friday Night Brunch is priced at Dhs165 (soft drinks) and Dhs250 (house beverages). Visit sho-cho.com.



Asia de Cuba, Westin Mina Seyahi Beach Resort and Marina

The world-famous Chino-Latino eatery, Asia de Cuba opened its doors last month in the space that was previously occupied by China Grill. The two-storey venue underwent a complete makeover to reflect Asia de Cuba's quirky personality, with bespoke wallpaper, furnishings and décor. The Latin-American outlet's menu consists of five main sections: ceviches, sushi, small plates, entrees and Cuban BBQ, in addition to an extensive selection of desserts and hand-crafted cocktails. Visit asiadecuba.com.

Carluccio's, locations across the UAE



A limited edition 'festa della pizza' menu will be available at all Carluccio restaurants in the UAE from April 1 to June 30. Showcasing traditional and regional pizzas from areas in Italy like Abruzzo, Lazio, Lombardia, Campania and Sicily, the pizzas

are made from high-quality ingredients and fresh, in-house made pizza dough. Priced from Dhs50, each pizza is big enough to serve two. Visit carlucciosme.com.



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EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.



VILLA TOSCANA, THE ST. REGIS ABU DHABI

Villa Toscana has re-vamped its Saturday brunch and is now dedicating a whole day to a variety of homemade lasagnas with the newly introduced 'Lasagna & Lunch – Saturday Brunch'. From freshly made pasta to mouthwatering melted cheese, the comfort food will be available to taste every Saturday with different flavours and unlimited servings for a truly Italian weekend lunch experience. Priced at Dhs240 with soft drinks, Dhs360 with grape and hops, and Dhs425 with Italian sparkling, grape, hops and cocktails. The brunch takes place every Saturday from 12.30pm to 4pm. For reservations, e-mail restaurants.abudhabi@stregis.com or call 02 694 4553 or see villatoscana-abudhabi.com.



KHAYAL, MARRIOTT HOTEL AL FORSAN, ABU DHABI

If you're looking for somewhere to enjoy great food in a family-friendly atmosphere on a Friday, head to Khayal's 'Fantastic Family Friday Brunch'. Offering a laid-back atmosphere suitable for family and friends, expect a great variety of food at great value and lots of indulgence. The kids will have a ball with a fun bouncing castle. Every Friday afternoon, the brunch costs Dhs125 for food only, Dhs165 with soft drinks, and Dhs225 with house beverages. For more information or reservations, call 02-2014000 or e-mail marriottalforsanlive.com.



LA PETITE MAISON ABU DHABI, THE GALLERIA AT MARYAH ISLAND

Bringing French-Mediterranean cuisine influenced by Ligurian Italy to Abu Dhabi, La Petite Maison invites diners to make the most of al fresco dining this month to its vibrant outdoor space, for a breathtaking view of the capital's skyline. La Petite Maison Abu Dhabi's menu features the restaurant's highly-acclaimed signature dishes, bringing together heirloom recipes passed down through generations with a contemporary twist, using only the finest produce and served with warmth and polished efficiency.



BENIHANA, BEACH ROTANA ABU DHABI

From April 4 – 20 at Benihana, Beach Rotana Abu Dhabi, the restaurant will host its annual 'Cherry Blossom Festival', to welcome spring. Expert chef Roy and his team have created a special à la carte menu which includes a lightly seared bluefin tuna served with jalapeno dressing, or steamed fried Wagyu beef dumplings served with cherry wine and gyoza sauce starting from Dhs75. A number of dishes also come from the restaurant's teppanyaki table, including grilled lobster or toro teriyaki. The entertaining dining shows around the grill require every chef that works at Benihana to take a six-month course to ensure they can handle their rice and fork, as well as keep the open flames under control. The menu is available daily from 6pm till 11.30pm. For more information and reservations, call 02-697 9011 or email fb.beach@rotana.com.



FLOOKA ABU DHABI, EASTERN MANGROVES PROMENADE

Known its fresh seafood, Flooka fans can get their fix every Wednesday at a weekly fishy feast. For just Dhs160 per person, tuck into unlimited supplies from the cold bar, hot mezza and filet of the day or jumbo prawns from Flooka's BBQ. Alternatively, pay Dhs210 for an unlimited seafood feast with two glasses of grape or hops. From 7pm every Wednesday. For more information or reservations, call 02-4418244.



55&5TH, THE GRILL, THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

55&5th, The Grill at The St. Regis Saadiyat Island Resort, Abu Dhabi has launched a new menu. Its new executive chef, Olivier Belliard, who joined the property last December, said: "At 55&5th, The Grill, we strive to source the freshest, most flavoursome seasonal produce available in the UAE. Using ingredients of the finest quality is of paramount importance to us and I believe that diners will be able to taste the difference. The venue serves a variety of mouthwatering cuts of meat, each of which is expertly prepared to customers' taste."

Signature starters include Egg 62°C served with Alaskan crab, avocado, pecans, and veal bacon emulsion, plus there's caramelised octopus served with black pepper jam, pomelo, onion confit, and tarragon. Mains include milk-fed Dutch veal chop; Australian rib-eye; and braised barbecue Wagyu beef cheeks served with celeriac mousseline, sesame, and glazed vegetables. Other offerings include '24 hours young' lamb shoulder, presented with harissa couscous for a Middle Eastern twist.

For more information or reservations, call 02-4988888, e-mail reservations.saadiyat@stregis.com or visit stregissaadiyatisland.com.



COYA ABU DHABI, THE GALLERIA AT MARYAH ISLAND

Every Friday at Coya Abu Dhabi's Brunch, enjoy a combination of well-loved Peruvian favourites and some seasonal additions. The culinary journey begins with a range of starters including corn and quinoa salads, tuna and salmon tacos, a selection of Latin-inspired maki rolls, and causa – a traditional Peruvian potato-based terrine. New flavours now available to inspire a hearty brunch appetite include a Causa Amarillo with crabmeat, and Waygu rib maki with wasabi.

One of Coya Abu Dhabi's brunch mainstays is that the dishes served to the table, including the new bao of veal belly with barbeque sauce. The most popular table dishes are the freshest ceviches, including sea bream and salmon, complemented by tiradito or sliced raw fish reflecting a Japanese influence, including yellowtail and amberjack - plus much more. Priced at Dhs198 with soft drinks, Dhs318 with house beverages and Dhs428 with sparkling. For reservations e-mail, reservations.ad@coyarestaurant.ae or call 02-3067000.

BUTCHER & STILL, FOUR SEASONS HOTEL ABU DHABI AT AL MARYAH ISLAND



Every Tuesday at Butcher & Still, the 'Prime Rib Night' awaits at the 1920's-style Chicago steakhouse. Dine on prime-cut steaks while enjoying views of the city's waterfront.

Tuesdays are all about succulent cuts at Butcher & Still's Prime Rib Night, where you can expect to enjoy either a "Chicago Cut" (Dhs150) or the larger "Capone Cut," (Dhs195) which includes a fully-loaded baked potato side and a delicious sundae for dessert. Every Tuesday from 6pm till late. For more information or to make a reservation, call 02-3332444 or e-mail dining.abudhabi@fourseasons.com.

Tried & tasted

Each month, we review four of the city's top tables.



Reviewed by **Sophie McCarrick**
*Editor of BBC Good Food Middle East,
lover of all things food and a keen
seeker of new dining experiences.*



Where?

AZURE BEACH, RIXOS PREMIUM JBR

Dining experience: Lunch

What's it like? Open for lunch and dinner, Azure Beach is a Mediterranean-inspired pool and beachside restaurant, lounge and bar – a great setting to enjoy some laidback, chilled out vibes, particularly during the day.

The open-plan venue is primarily made up of a large wrap-around terrace, while the inside area is home to a bar. Expect nautical interiors, with lots of blue, white and light wood features throughout, which blend beautifully with waters of the Arabian Sea in front and large infinity swimming pool to the side, which features private island beds that are great for hanging out with a loved one or a small group of friends on.

Setting the scene, a DJ plays live throughout the day, accompanied by a live saxophonist, who played several sets. The atmosphere is refreshing, upbeat and great for putting your feet up while enjoying a bite and cooling beverages.

What are the food highlights?

Azure's menu draws influence predominantly from Asia, but features a good range of international dishes too – making the selection accessible to all tastes and dietary requirements. Made up of various sections, the menu features starters, sandwiches, salads, sushi, pizza and desserts.

To start, the grilled tiger prawn tacos were lightly breaded and perfectly crispy, served in a soft flour tortilla with avocado, kimchi coleslaw, red pepper &



mango salsa, and yogurt lime aioli, which all married together really well.

Next up, the five-spice braised Peking duck wraps were delightful; cooked tenderly and paired with crunchy spring onion and beansprouts, plus hoisin dipping sauce on the side. Packed with flavour, the finger-friendly wraps are a great option to enjoy poolside.

For main, we shared a selection of sushi, including delicious salmon maki rolls with cucumber and rocket rolled in a crispy sweet potato and topped torched salmon belly. The spicy tuna roll was equally as impressive, with kimchi-marinated chunks of tuna paired with avocado and chives, all

rolled in crispy tempura and sprinkled with toasted sesame seeds.

Although we skipped dessert, items on the menu include the likes of a summer fruits plate, and a selection of refreshing sorbets – helping to keep things 'light' poolside.

How was the service? Service was friendly and in-keeping with the chilled-out vibe. Although always attentive, the team made sure not to bother you too much – ensuring that you could sit back, relax and enjoy the sunshine.

The bottom line: A fun spot to spend time with friends and catch some rays. Head there on a Saturday to enjoy Azure's brunch from 1pm, where you can hang out on a cabana with a range of food and unlimited beverages until 4pm, priced at Dhs225 with soft drinks, Dhs345 with house beverages, and Dhs445 with bubbles.

Want to go? Priced at around Dhs200 per person for three-courses, without beverages. For more information or to make a reservation, call 052 777 9472 or e-mail info@azure-beach.com / reservations@azure-beach.com.

Where?

IL RISTORANTE – NIKO ROMITO, THE BULGARI RESORT DUBAI

Dining experience: Dinner

What's it like? Located on the brand new Jumeira Bay seahorse-shaped island, Il Ristorante – Niko Romito is one of the recently opened signature restaurants at The Bulgari Resort Dubai. Situated overlooking the property's stunning private Bulgari Marina, the restaurant features a large outdoor terrace, which offers unobstructed views over the Arabian waters. Inside, the dining room merges into Il Bar – a sophisticated space for enjoying a pre- or post-dinner beverage – or an 'Aperitivo', as the Italians would say, paired with a fantastic selection of nibbles; from olives and anchovies, to gorgeous Parmigiano-Reggiano and bite-sized, fresh mozzarella.

The scene is elegant and exclusive, with sleek black and brown interiors, crisp white table cloths and of course, an abundance of Italian charm. Sat outdoors, overlooking luxurious yachts moored at the marina, I feel transported to an upscale European port – it's truly a beautiful venue, that takes you away from the hustle and bustle of Dubai.

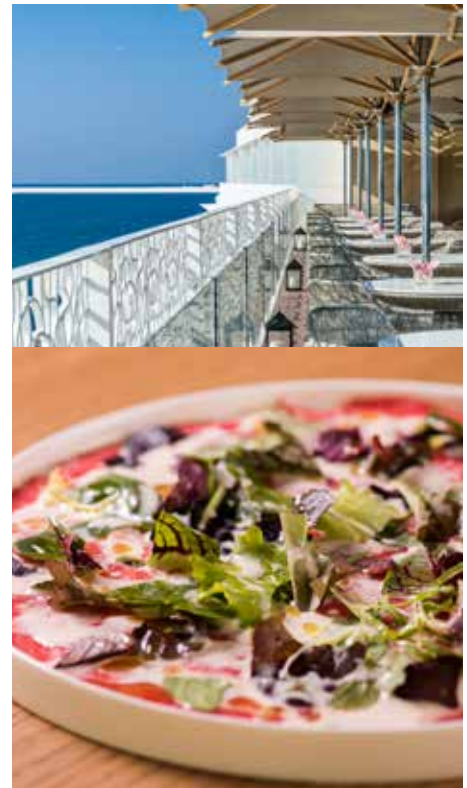
What are the food highlights? Open for lunch and dinner, the concept here is curated by Niko Romito, the famed chef patron of three-Michelin-starred restaurant Reale Casadonna in Italy. Chef Romito's cooking style pays homage to authentic Italian flavours and cooking

techniques. He prides himself on no-frills presentation, but much attention to culinary detail and skill when preparing each dish – a philosophy that was highlighted during our visit to Il Ristorante.

With the choice between a set menu or an à la carte menu, my dining partner and I opted for the four-course set menu. Kickstarting the contemporary Italian dining experience, we enjoyed a selection of antipasto, including bruschetta and marinated wild sea bream, doused in the finest extra virgin Carma oil, an award winning organic olive oil produced in Italy.

The mid-course of pesto pasta came served in its cooking pot to the table, served al dente and bursting with fresh basil flavours – an ingredient we're informed is imported weekly fresh from Italy (and you can tell – it was incredibly flavoursome!).

For main, options include braised organic chicken legs with red peppers



and taggiasche olives, or roasted Atlantic monkfish fillet with carrots, rosemary and taggiasche olives. We opted for the monkfish – a fish that I was delighted to see on the menu! Cooked beautifully, the fillet was extremely meaty, tender and very filling.

To finish, a large serving of tiramisu to share did not disappoint, with lashings of thick, creamy mascarpone, and of course, an espresso on the side. A glass of Limoncello is also a great way to bring the experience to a close, as our server insisted.

How was the service? Our waiter, Andrea was fantastic! He knew the menu entirely and was able to tell farm to table stories of where chef's ingredients were sourced from. As an Italian native, he really added to authenticity to the evening with his knowledge of Italy's cuisine.

The bottom line: A totally unique venue new to Dubai's food scene, Il Ristorante – Niko Romito is somewhere to go for a special evening with your loved one or an intimate group of friends or family for simple, honest and wholesome food, in superior, stunning settings.

Want to go? Priced at Dhs450 for a four-course set menu, or Dhs750 for four-courses with grape pairing (water and coffee are complimentary). For more information or to make a reservation, call 04-7775555, e-mail dubai@bulgarihotels.com or visit bulgarihotels.com/en_US/Dubai.





Where? **SOHO GARDEN, MEYDAN RACECOURSE GRANDSTAND**

Dining experience: Friday
Sunset Brunch

What's it like? A new dining and nightlife entertainment space located within the grounds of Meydan Racecourse, Soho Garden is an exciting spot that encompasses various outlets – from eateries and bars, to pools and nightclubs.

In the central area, you'll find the Glasshouse Bar, Bellini Bar, Tiki Bar and Negroni Bar, which are all located a stone's throw away from each other, making it very easy to hop from venue to venue.

At Soho Garden to experience its newly introduced Sunset Brunch, which takes place every Friday from 4pm till 8pm, the vibe is exciting, upbeat and pretty laid back. It's not until after brunch that the atmosphere kicks up a notch, when famed Café Mambo Ibiza DJs turn up the volume and the crowd really gets going.

What are the food highlights? As the sun sets over Dubai's gorgeous skyline in the distance, Soho Garden offers its guests a three-course menu and unlimited beverages to accompany.

To start, recommendations include the king prawn tempura with soy, yuzu and cilantro. The prawns are large, meaty and aren't breaded too heavily, making them a delight to eat. The creamy burrata with sun blush tomato tapenade and basil pesto is flavoursome and a filling starter if you're looking for something heavier.

For the larger plates, the tam tam poke bowl is a popular choice, with salmon, spring onion, ahi sauce, toasted sesame seeds, cucumber, avocado, pickled ginger, carrots, pineapple and coriander, all on a bed of rice. The Soho Wagyu burger is one



of the biggest burger's I've seen of late – it's huge. Sliced in half, I struggled to finish one whole half – to my dining partner's delight. The beef patty was succulent, juicy and oozed beefy flavour, paired wonderfully with sliced aged cheddar and incredibly moorish balsamic onions. For vegetarian's the outlet serves a bean burger counterpart.

On the side, I'd recommend the potato soufflé with molten aged Gruyere, white truffle and Parmesan.

Ending things on a sweet note, a selection of desserts were served, including a delicious baked vanilla cheesecake, and a raspberry baked Alaska.

How was the service? The team were friendly and attentive, ensuring we were never without a beverage.

The bottom line: An exciting venue to visit with a group of friends for an afternoon of fun, food and drinks.

When brunch ends at 8pm, be sure to make a table reservation beforehand if you'd like to stick around and have somewhere to sit, as you'll be quickly escorted from your table to the bar, which was a little crowded and had no available tables when we visited.

Want to go? Every Friday from 4pm until 8pm, priced at Dhs450 per person for three-courses, house beverages and Prosecco. For more information or reservations, call 056 82 22 559, or e-mail reservations@sohogardendxb.com.

Where? **DRIFT BEACH DUBAI, ONE&ONLY ROYAL MIRAGE**

Dining experience: Pool day with light bites

What's it like? Luxury, relaxation and serenity combine at the newly-opened DRIFT Beach Dubai, where you'll find a private seafront enclave with stunning infinity pool and a restaurant that showcases an innovative take on classic Provençal cuisine, under the direction of chef de cuisine Maxime Le Van.

Set against a jaw-dropping backdrop of the Dubai Marina and JBR skyline, DRIFT is an upscale beachside venue that offers an air of class and refinement.

Once seated at your sunbed, expect to be greeted with complimentary iced water, fruit platter and cooled towels to refresh. Not before long, a second member of the team will visit with the offer to clean your sunglasses. Touches like this make the DRIFT experience stand out from the rest.

Relaxing music with a beat plays throughout the day, and stays relatively low-key all day, allowing guests to relax to the max.

What are the food highlights? Our waiter informs that the kitchen here places emphasis on using only the finest organic ingredients for freshness and to maximise natural flavours. The poolside menu differs from the restaurant menu,



and includes finger-friendly bites such as sandwiches, pizzas, salads and more.

Trying to keep things 'light' in the sunshine, we nibble on edamame to start, which is available salted or with DRIFT's Mediterranean spice blend.

For main, the poke bowl selection sounds irresistible. I opted for the Tokyo poke bowl with organic salmon and marinated tuna, mixed with sriracha ponzu sauce, salmon caviar, avocado, mango salsa, sesame seeds, pickled shallots & ginger, and crispy nori seasoning – served on a bed of rice, which can be removed if you're trying to



be 'extra light'. The dish was fantastic, and really did showcase only the freshest of ingredients.

If dessert is on your mind, there's a great selection of refreshing items including frozen acai bowls and a range of fruity, homemade sorbets – perfect to indulge on as you catch some rays.

How was the service? Service at DRIFT is fantastic. The team ensures your day in the sun is comfortable and enjoyable, without being intrusive.

The bottom line: DRIFT is an upper-class beach club with great food and service. The venue is chilled, inviting and super relaxing. We hear Fridays are a good day to visit, between 2pm – 5pm, when the popular band 'The Waves' plays tunes in the afternoon sun, whilst the resident DJ hits the decks on Saturdays, bringing the atmosphere to life as the sun goes down.

Want to go? Priced at around Dhs220 per person for three-courses from the poolside bites menu. For more information or to make a reservation, e-mail info@driftbeachdubai.com or call 04-3152200.



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Maya's Mexican makeover

Mexican restaurant Maya at Le Royal Meridien Beach Resort & Spa has re-opened after undergoing a refurbishment, menu re-vamp and installation of an all-new taco bar. We speak to the man behind the concept, famed chef, global restaurateur, television personality and author, Richard Sandoval, to hear more. **By Sophie McCarrick**

With restaurants worldwide, Richard Sandoval is a busy chef and restaurateur, to say the least. But with multiple outlets across the Middle East, we see him visit the region often, checking in on his restaurants Zengo Dubai, Toro Toro Dubai and most recently the newly-opened Toro Toro Abu Dhabi. Last month however, his visit celebrated the re-opening of Maya at Le Royal Meridien Beach Resort & Spa.

Here he tells more about the restaurants refurbishment and new introductions...

Looking at your background, how did you first get started in the culinary industry?

I grew up in the restaurant industry as my father was a restaurateur, so at a very young age I spent a lot of time around restaurants. I started my career as a professional tennis player, participating in matches around the world but had such a passion for food that I decided to enroll in the Culinary Institute of America. Once I'd completed my training, I went back to Mexico for about four years before moving to New York to start my own restaurant business. The rest as they say, is history!

For those still yet to visit Maya, talk us through the concept...

Maya is what we call the 'Mexican Kitchen'. I combine traditional recipes that I enjoyed as I was growing up and added a modern twist. The restaurant is on two floors, the ground floor is the dining area and the first floor is our brand new "Taco Bar" which serves up small dishes and channels a more chilled out, lounge vibe.

With the new refurbishment at Maya, what things have changed about the restaurant?

What I love about Le Royal Meridien Beach Resort and Spa is that we are always evolving and changing to meet the demands of society. This year we made a huge investment and wanted to bring the outside in, so we've opened the doors so it's much more spacious and open. We've also gone a little retro and introduced brighter colours and brought back some of the classic dishes from when Maya opened ten years ago.

What dishes can diners expect to find on the new menu?

Dinners will find a lot of classical dishes on the menu such as quesadillas, which is tortilla with melted cheese with shrimp, in adobo, a marinade that we use for the shrimp. Other favourites include the queso fundido, which is melted cheese fondue, we had taken it off the menu



“Maya is what we call the ‘Mexican Kitchen’. I combine traditional recipes that I enjoyed as I was growing up and added a modern twist.”

but due to popular demand we’ve brought it back! You’ll also find mole poblano, which is a classic chocolate sauce, very common back in my home country. Another new addition is the tortilla soup, so it’s a nice range of classic and modern dishes.

In your opinion, what’s the most interesting dish on the menu at Maya?

Personally, I think they are all interesting. I love ceviche, so you’ll find a really nice variety on the menu including scallop ceviche and mushroom ceviche. We have a

classical puntas de filete, which is hugely popular. We can’t forget the much-loved fish tacos which is favoured by customers. The pollo al pastor which is grilled chicken marinated in achiote and a little cilantro with grilled pineapple, is one of my favourites!

All too often Mexican cuisine is confused with tex-mex. In your opinion, what defines Mexican cuisine?

Tex-mex does derive from Mexican cuisine, however, it’s more American-ised, so you’ll find a lot

more cheese and cream – it tends to be a lot heavier than your classical Mexican. We use a lot of spices that add a more intense and complex flavour whereas tex-mex is simpler in taste.

To make an authentic ceviche at home, what ingredients should our readers pick up at the supermarket?

There are many varieties of ceviche but I would say a classic dish is using a fresh fish, and lots of lime juice, tomatoes, cilantro, cucumbers and definitely some chilli peppers to make a simple yet delicious ceviche.

When you’re in Dubai and Abu Dhabi, where do you love dining out?

Wow, there’s so many restaurants to eat out in this region! My favourites are definitely Indego by Vineet at Grosvenor House and I also really like 3Fils as I know the chef very well, chef Akmal used to previously be our chef at Zengo.

To find out more about Maya or to make a reservation, call 04-3165550 e-mail resbook.leroyalmeridien@lemeridien.com or visit maya-dubai.com

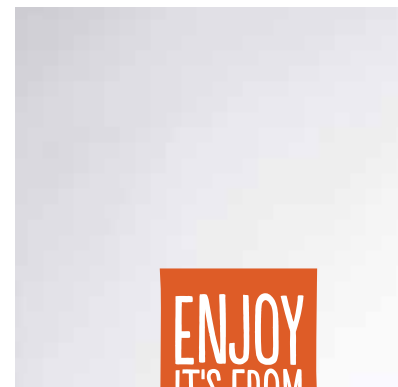


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Hot technique

PATTERNED SOURDOUGH

The world's gone crazy for sourdough. Offices buzz with tales of weekend triumphs, social media overflows with beautiful photographs and people arrange sitters to lovingly feed their starters when they go on holiday.

There's a reason for this craze: sourdough isn't your ordinary loaf. It relies on lactic acid bacteria and naturally occurring yeasts in the starter to help develop the distinctly sour flavour and waxy structure.

You need patience to make sourdough, but it doesn't take much effort and now bakers have realised that the top of the loaf makes a good canvas for creativity, it's all over social media – search #sourdough #levain #sourdoughbread #wildyeast or find out more from our one of our favourite home sourdough baking websites: theperfectloaf.com.

How to make a starter

Whisk **50g strong white flour** and **50g strong wholemeal flour** with **100ml slightly warm water** until smooth. Transfer to a large jar or plastic container. Leave the lid ajar for 1 hr or so in a warm place, then seal and set aside for 24 hours. For the next six days, you will need to 'feed' it. Each day, tip away half the original starter, add an extra **25g of each flour** and **50ml slightly warm water**, and stir well. After a few days you should start to see bubbles on the surface, and it will smell yeasty. On day seven, the starter should be bubbly and smell much sweeter. It is now ready to be used.

Sourdough loaf

To watch a video showing how to knead dough, click on the 'How to' section at bbcgoodfood.com

MAKES 1 loaf **PREP 1 hr plus 8 days** for the starter and 3 hrs rising
COOK 40 mins **EASY V**

450g strong white flour, plus extra for dusting
50g wholemeal flour
10g fine salt
100g sourdough starter (see above)

1 Tip both the flours, 325ml warm water, the salt and the starter into a bowl, or a mixer fitted with a dough hook. Stir with a wooden spoon, or on a slow setting in the mixer until combined – add extra

flour if it's too sticky or a little warm water if it's dry.

2 Tip onto a lightly floured surface and knead for 10 mins until soft and elastic – you should be able to stretch it without it tearing. If you're using a mixer, turn up the speed a little and mix for 5 mins.

3 Place the dough in a floured bowl and cover with cling film. Leave in a warm place to rise for 3 hrs. You may not see much movement, as sourdough takes much longer to rise.

4 Line a medium bowl with a clean tea towel and flour it really well or flour a proving basket. Tip the dough back onto your work surface and knead briefly to knock out any air bubbles. Shape the dough into a smooth ball and dust it with flour.

5 Place the dough, seam-side up, in the bowl or proving basket, and leave at room temperature for 3 hrs, or in the fridge overnight, until risen by about a quarter.

6 Place a large baking tray in the oven and heat to 230C/210C fan/gas 8. Fill a small roasting tin with water and place in the bottom of the oven to create steam. Remove the tray from the oven, sprinkle with flour, then tip the dough onto it.

7 Slash the top a few times with a sharp knife to make a pattern (see below), then bake for 35-40 mins until golden brown. It should sound hollow when tapped on the bottom. Leave to cool on a wire rack before slicing.

PER SERVING energy 245 kJ • fat 1g • saturates none • carbs 48g • sugars 1g • fibre 2g • protein 8g • salt 0.4g

How to make a pattern on your sourdough loaf

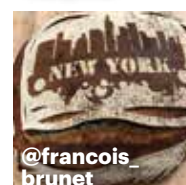
Scored patterns

Use a razor blade, craft knife or lame (bread slashing tool) to score patterns on the bread. Start simple and work up to trickier patterns as you get more confident. If you cut at an angle, you will cause a lip or ear to rise out of the crust as it cooks, so cut straight down to avoid this. If you are planning on a pattern with smaller detail, make sure the surface has had time to dry and form a firm skin. If you want to stop the loaf pushing the cuts too far apart, tip it out onto a baking sheet a little before

it has finished proving so it has time to dry out further. Dusting the skin with flour will show a better contrast, wheat flour will darken as it cooks but rice flour will stay white.

Bread stencils

This involves dusting flour through a stencil onto a loaf, make your own using card or a sheet of plastic or buy them. Slash the loaf around the outside of the stencil pattern – your loaf may well split as it bakes so you can encourage it to split where you want. See right for inspiration, show us yours using [@bbcgoodfoodme](https://twitter.com/bbcgoodfoodme)



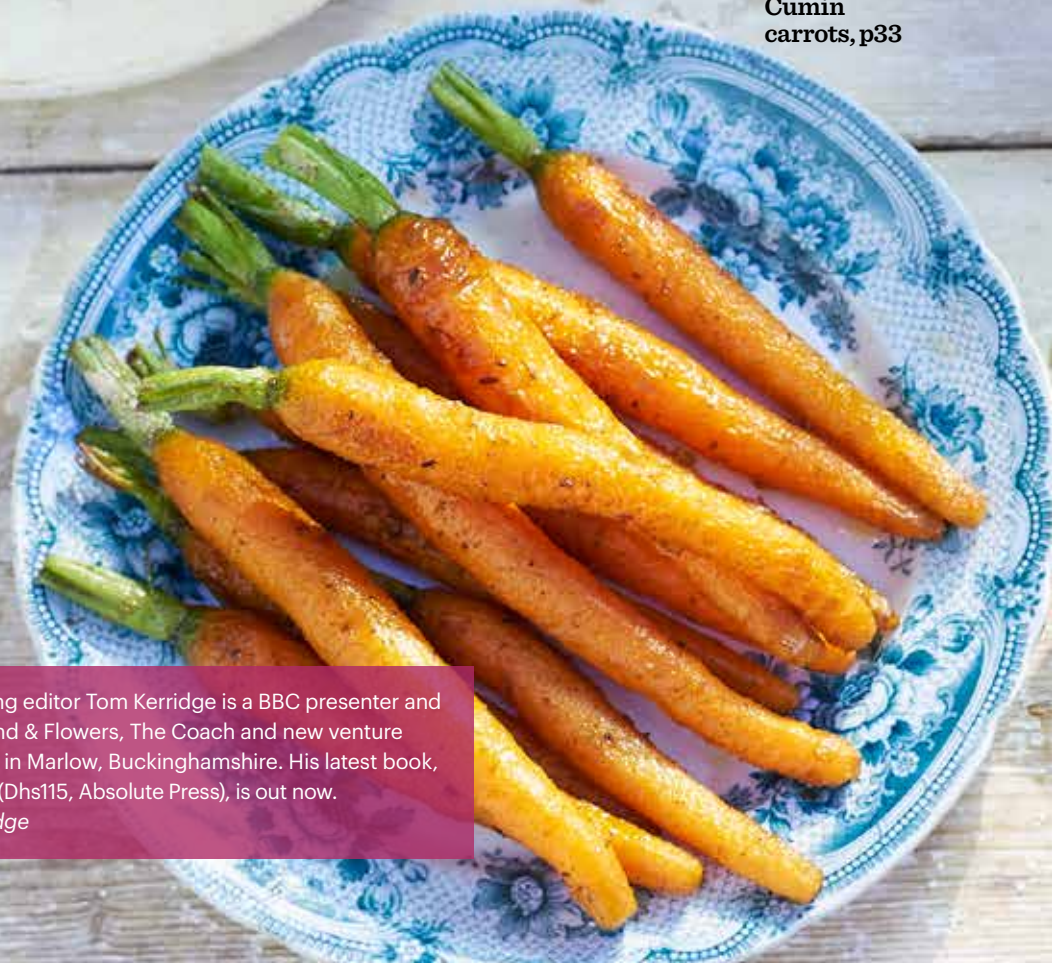
TOM KERRIDGE'S

SPECIAL LUNCHTIME MENU



Roast cauliflower with
caper dressing, p33

Cumin
carrots, p33



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and new venture The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dhs115, Absolute Press), is out now.

[Twitter](#) [Instagram](#) @ChefTomKerridge

BBC chef **Tom Kerridge** cooks up an easy three-course roast with a twist to enjoy with friends and family

photographs DAVID MUNNS

LUNCH FOR 6 MENU

Tear-and-share feta flatbreads

Hay-baked stuffed leg of lamb

Roast cauliflower with
caper dressing

Cumin carrots

Sticky banoffee loaf with
toffee sauce

Hay-baked
stuffed leg of
lamb, p33



Tear-and-share feta flatbreads

A selection of the antipasti I love grazing on, scattered over flatbreads – simple and delicious.

SERVES 6 **PREP** 20 mins plus 1 hr proving **COOK** 40 mins **EASY** 

For the flatbreads

250g strong bread flour, plus extra for dusting

7g sachet fast-action dried yeast

1 tbsp olive oil, plus a drizzle to serve

For the topping

3 onions, cut into wedges

1 tsp nigella seeds

2 tbsp olive oil

1 tsp fresh thyme leaves

4 tbsp red onion marmalade

6 slices air-dried or wild boar ham

100g feta, roughly crumbled

1 tbsp roughly chopped parsley

4 spring onions, finely sliced

1 Put all the flatbread ingredients in a bowl with $\frac{1}{2}$ tsp salt and 100ml warm water. Using your hands, bring together to form a dough, adding more water if needed. Tip onto a work surface and knead for 10 mins until smooth and elastic. Return the dough to the bowl, cover with cling film and leave to prove somewhere warm for about 1 hr, or until doubled in size.

2 Meanwhile, heat oven to 200C/180C fan/gas 6. Put the onion in a roasting tin, scatter over the nigella seeds, oil, thyme and some salt, and toss together. Roast for 25 mins, turning the onion every 5 mins or so to ensure even colouring and cooking. Remove from the oven and leave to cool. *Can be made up to two days ahead.*

3 Tip the dough onto a lightly floured surface. Divide it in two, then roll each piece out into a long oval shape. Transfer each flatbread to a baking sheet. Bake in the oven for 10 mins until puffed up and golden, then spread with onion marmalade and scatter with the roasted onions. Top with the ham, scatter over the crumbled feta, then return to the oven for 5–10 mins more. Scatter with parsley and spring onion, drizzle with a bit more oil, and serve.

PER SERVING 334 kcal • fat 12g • saturates 4g • carbs 41g • sugars 8g • fibre 3g • protein 14g • salt 1.7g

Hay-baked stuffed leg of lamb

The lamb needs to be partly boned but left whole – ask your butcher to tunnel bone it. Roasting in hay adds a sweet smokiness and looks stunning, but if you don't want to, you'll still have a delicious centrepiece without it. The hay needs to be free of pesticides – the type for pets is ideal. I love stuffing lamb with greens, which can change seasonally, using wild garlic, chard or spinach instead. Anchovies help to season the greens, but if anyone isn't keen, simply leave out or carve the side for them and leave the stuffed middle for everyone else.

SERVES 6 PREP 30 mins plus resting

COOK 1 hrs 30 mins MORE EFFORT

250g kale, stalks removed	2 bunches rosemary
4 garlic cloves, finely chopped	1 bunch thyme
4 anchovies, finely chopped	100g hay, toasted (for 8-10 mins at 160C/140C fan/gas 3, optional)
1 lemon, zested	500ml lamb or chicken stock
70g fresh breadcrumbs	2 tbsp olive oil
1.5kg leg of lamb, part tunnel-boned, shank still attached (ask your butcher to do this for you)	You will need butchers' string to tie the lamb

1 Cook the kale in boiling water until just wilted, then refresh in iced water. Drain and carefully squeeze the excess water from the kale, then roughly chop. Tip into a mixing bowl, stir in the garlic, anchovies, zest and breadcrumbs, and season (add lots of pepper). Pack the stuffing into the cavity of the lamb and tie with string – it doesn't matter if it's messy, just make sure the filling is secured. *Can be prepared up to a day ahead and kept in the fridge.*

2 Heat oven to 190C/170C fan/gas 5. Mix the herbs with the hay (if using), transfer to a deep roasting tin, then pour over the stock. Nestle the lamb on top, drizzle with oil and sprinkle with salt. Roast for 1 hr 20 mins for pink lamb, adding 10 mins if you want it cooked through and another 10 mins for well done. Rest for 20 mins, then carve into thick slices and serve.

GOOD TO KNOW iron

PER SERVING 435 kcals • fat 26g • saturates 11g • carbs 6g • sugars 1g • fibre 2g • protein 42g • salt 0.7g



Cumin carrots

Ask your butcher for some trimmed lamb fat and finish the carrots in that instead of the oil, if you like.

SERVES 6 PREP 15 mins

COOK 20 mins EASY V



12 medium carrots, trimmed	1 Put the carrots in a shallow saucepan and just cover with water. Add the star anise, butter and 1 tsp salt, then bring to the boil and simmer for 10 mins until the carrots are just cooked. Leave the carrots to cool a bit in the liquor, then remove and pat dry.
2 star anise	2 Heat the oil in a large frying pan. Roll the carrots in the cumin, patting off any excess.
50g butter	3 Carefully fry the carrots until golden brown. Serve straight away, or keep warm in the oven until ready to serve.
2 tbsp sunflower oil or rendered lamb fat	
2 tbsp ground cumin	



For smooth, cylindrical carrots, rub them with an abrasive scourer after peeling to remove the peel marks.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 155 kcals • fat 12g • saturates 5g • carbs 9g • sugars 8g • fibre 5g • protein 1g • salt 1.1g

Roast cauliflower with caper dressing

Cooking cauliflower this way is fabulous – the roasted notes give it a richness that is balanced by the dressing. It's also substantial enough to double as a vegetarian main for anyone not eating lamb. If you haven't tried cauliflower leaves before, they have lots of crunch and are full of flavour. Using the leaves also cuts down on waste.



SERVES 6 PREP 20 mins COOK 40 mins EASY V

1 medium cauliflower, leaves trimmed and reserved	1 Heat oven to 190C/170C fan/gas 5. Scatter the cauliflower leaves into a small roasting tin, then sit the cauliflower in the middle. Rub over the butter, sprinkle with some salt and roast for 20 mins.
50g butter, softened	2 When the lamb comes out of the oven, reduce the temperature to 160C/140C/gas 3 and cook the cauliflower for 20 mins more, basting with butter.
1 tbsp olive oil	Add the oil, capers, parsley and lemon zest and juice to the hot butter and spoon over the cauliflower a few times before serving – it will soak up the dressing flavour. When you're ready to serve, cut into wedges and serve with the crisp leaves.
4 tbsp capers	
2 tbsp chopped parsley	
1 lemon, zested and juiced	

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 112 kcals • fat 9g • saturates 5g • carbs 4g • sugars 3g • fibre 2g • protein 2g • salt 0.7g



Sticky banoffee loaf with toffee sauce

A sticky toffee pudding and banana loaf mash-up. Leftover loaf will keep for a few days and is great with a cuppa. The sauce will keep for a couple of weeks to be drizzled over ice cream or cakes.

SERVES 6 (with leftovers)

PREP 10 mins **COOK** 50 mins

EASY V I

100ml dark rum (optional)
2 tsp bicarbonate of soda
200g chopped dates
100g vegetarian suet
250g plain flour
1 tsp vanilla extract
100g golden caster sugar
2 ripe bananas, chopped
crème fraîche or vanilla ice cream, to serve (optional)

For the toffee sauce

150ml double cream
100g dark brown sugar
75g butter

1 Pour the rum and 200ml water into a saucepan (if you're not using the rum, add an extra 100ml water). Bring to the boil, add the bicarb and dates, then leave to cool, allowing the dates to soak up the boozy liquid.

2 Heat oven to 180C/160C fan/gas 4. Pour the dates and the liquid into a bowl and add the suet, flour, vanilla and sugar. Beat until completely mixed, then fold in the banana and spoon into a lined 900g loaf tin. Bake for 40-45 mins until an inserted skewer comes out clean. Leave to cool.

3 While the cake is cooling, put the cream, sugar, butter and a small pinch of salt in a saucepan. Bring to the boil and cook until you have a bubbling sauce. Slice the banoffee loaf, pour over some sauce and serve with some crème fraîche or vanilla ice cream, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SLICE 732 kJ • fat 35g • saturates 20g
• carbs 95g • sugars 61g • fibre 4g • protein 6g • salt 1.2g

Dates – a natural superfood

Dates are one of nature's delicious and nutritious power health foods, providing a wide-range of essential nutrients and potential health benefits.

Bateel dates are an organic and all-natural product, that are packed with easily absorbable carbohydrates providing a quick energy boost, and best yet, they contain approximately only 29 calories per fruit.

This good-for-you food is free from fat, cholesterol and sodium. Dates are also high in fibre, with one serving of three pieces containing almost 25% of your recommended daily dietary fibre intake.

With just one bite, dates provide antioxidants, vitamins and minerals including vitamin A, calcium, magnesium and numerous B-complex vitamins – thiamin, riboflavin, niacin, vitamin B6 and pantothenic acid – all necessary for building muscle and tissue, and potassium – essential for the proper functioning of muscles & the nervous system.

Why Bateel?

Pioneering the art of gourmet date production and marketing, Bateel offers the world's only gourmet date experience with the finest quality dates and date products not available from any other source.

Bateel prides itself on dedicating the utmost attention to detail and care throughout the pollination, harvesting and production process. This means that the first time a Bateel date is touched by a bare hand is just at the time someone is about to take the most delicious bite.

The Bateel story starts in Bateel's palm groves at Al Ghat in the Kingdom of Saudi Arabia, nestled in a fertile oasis in the historic green valleys of the Tuwayq Mountains. Bateel dates are handpicked from its own organic date groves in Saudi Arabia – an area of more than 100,000 date palms farmed using modern thinning technologies. Because of its unique farming methods, Bateel is able to produce the highest quality, organic dates which exceed the strictest quality standards.

A date to remember

As the world's only gourmet date grower, producer and seller, Bateel offers an unrivalled selection of over 20 varieties of organic dates, including Khidri, Sokari, Madjool and Kholas, all grown at organic date farms in Saudi Arabia. Celebrating this natural superfood fruit, Bateel offers a full-range of confectionery and savoury gourmet products with dates as essential ingredients.

Try at home!

Dates are very versatile and can be used in everything from salads to sweets.

Couscous Salad

Serves 4

FOR THE SALAD

160g dried burghul (a cereal sometimes called 'bulgur')
75g Khidri dates (or any semi-soft dates, like

Wanan or Kholas)

125g chickpeas

125g zucchini

100g fava beans

50g dried figs

50g dried apricots

100g tomatoes

1 medium sized onion

50g parsley

50g mixed lettuce (for side garnish)

Salt and pepper (to taste)

FOR THE LEMON DRESSING

100ml extra-virgin olive oil

20ml fresh lemon juice

METHOD

1. Soak the chickpeas in water for 24 hours, then boil for 25 to 30 minutes.
2. While the chickpeas are cooking, boil the burghul for 8 minutes.

3. Strain them both and set aside to cool.

4. Plunge the fava beans into boiling water and leave them to sit for 5 minutes. Strain and put into cold water, then peel carefully.

5. Cut the zucchini into thin green slices (use only the slices with peel). Season the slices with some salt and pepper and brush generously with olive oil.

6. Fry the zucchini in a little extra-virgin olive oil.

7. Dice the pan-fried zucchini, dried figs, dried apricots, Khidri dates and tomatoes.

8. Chop up the onion and parsley. Mix everything together.

9. Make a lemon dressing with the lemon juice, extra-virgin olive oil and salt and pepper.

10. Serve in a bowl with mixed lettuce as a garnish.

Season's best

Cook something new with fresh spring
produce – it's bursting with flavour

recipes BARNEY DESMAZERY *photographs* PETER CASSIDY





Chicken, morel mushroom &
asparagus one-pan pie, p38



Barney, our Food editor-at-large, has worked as a chef internationally and is a pro at adapting restaurant recipes to make

at home. @barney_desmazery

Chicken, morel mushroom & asparagus one-pan pie

Even though they're in season, fresh morels can only be bought from specialist greengrocers and suppliers. However, the easier option of dried morels works just as well, with the added bonus of giving you a stock from the soaking liquid.

The pan you use for this recipe is important: a skillet is ideal – deeper than a frying pan but shallower than a saucepan – and it can go on the hob and in the oven. If you don't have one, make the filling mixture in one pan, then tip it into a classic pie dish before topping with pastry.

SERVES 5 PREP 30 mins

COOK 35 mins MORE EFFORT

100g fresh or 30g dried morels
200ml chicken stock (if using fresh morels)
50g butter
2 shallots, finely sliced
3 thyme sprigs, leaves picked
2 bay leaves
1 tbsp plain flour, plus extra for dusting
100ml dry sherry or white wine
200ml crème fraîche
6 boneless, skinless chicken thighs, cut into large chunks
bunch asparagus, woody ends removed, stalks cut into 4cm pieces
1/2 pack tarragon, leaves roughly chopped, plus a sprig to decorate
1 block puff pastry (375g), all-butter is best
1 egg, beaten, to glaze

1 If you are using dried mushrooms, heat the stock and soak them for 10 mins, then remove them, strain the liquid and set it aside. If you're using fresh mushrooms, clean them thoroughly before using. Set a couple of the nicest-looking morels aside to decorate the top of the pie, and halve the rest.

2 Heat half the butter in a skillet and fry the halved morels for 3-4 mins or until wilted. Scoop them onto a plate and set aside. Heat the remaining butter and gently cook the shallots in the pan with the thyme and bay. Once softened, stir in the flour and cook for 1 min or until you have a sandy paste.

3 Pour in the sherry and sizzle, then carefully stir in the strained soaking liquid (or 200ml chicken stock if you've used fresh morels), followed by the crème fraîche. Season well and bring the sauce to a gentle simmer. Add the chicken and poach in the sauce for 10 mins or until the chicken is just cooked through. Remove the bay, stir through the asparagus, tarragon and fried morels, then remove from the heat.

4 Heat oven to 220C/200C fan/gas 8. The pastry needs to sit on top of the ingredients, so if your pan is too deep, use a pie dish instead. Roll out the pastry on a floured surface to the thickness of a 1p coin, then cut the pastry to fit the pan or dish, and drape it over the pie mixture using a rolling pin to help you. Liberally brush with egg, season the pastry with flaky sea salt, and pop your reserved morels on the top. Bake for 20 mins or until the pastry has puffed and is a deep golden brown. Leave to rest for 5 mins before serving straight from the pan.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 699 kcals • fat 50g • saturates 27g • carbs 30g • sugars 3g • fibre 4g • protein 24g • salt 1.0g

Singapore chilli crab

Like all popular street-food dishes, there are as many variations on this recipe as there are crabs in the ocean. Here's a version I adapted while staying in a Cornish village, where crabs were as fresh as they come, but specialist Asian ingredients weren't so abundant.

SERVES 2 PREP 25 mins

COOK 5 mins MORE EFFORT

1 whole cooked crab (about 1kg)
2 tbsp flavourless oil
3 garlic cloves, very finely chopped
thumb-sized piece ginger, very finely chopped
3 red chillies, 2 very finely chopped, 1 sliced
4 tbsp tomato ketchup
2 tbsp soy sauce
handful coriander leaves, roughly chopped
2 spring onions, sliced
rice or steamed bao buns, to serve

1 The crab must be prepared before stir-frying (you can ask your fishmonger to do this). This involves removing the claws, the main shell, discarding the dead man's fingers, then cutting the body into four pieces, and cracking the claws and the legs so the sauce can get through to the meat.

2 Heat the oil in a large wok and sizzle the garlic, ginger and chopped chillies for 1 min or until fragrant. Add the ketchup, soy and 100ml water, and stir to combine. Throw in the crab, turn up the heat and stir-fry for 3-5 mins or until the crab is piping hot and coated in the sauce. Stir through most of the coriander, spring onions and sliced chilli.

3 Use tongs to arrange the crab on a serving dish, pour over the sauce from the pan and scatter over the remaining coriander, spring onions and sliced chilli. Serve with rice or bao buns, and a lot of napkins.

GOOD TO KNOW low fat • calcium • vit c • iron
PER SERVING 315 kcals • fat 9g • saturates 1g • carbs 13g • sugars 14g • fibre 1g • protein 45g • salt 4.5g



Pappardelle with sorrel butter & pine nuts

The sorrel butter is a great recipe in its own right, and can be melted over fish fillets, grilled lamb or stuffed into chicken breasts. This recipe is vegetarian, but a handful of clams or mussels steamed in with it would be delicious, especially the salty juice mixing in with the lemony butter.

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY** **V**

2 large handfuls sorrel leaves
100g butter, softened
½ lemon, juiced
250g pappardelle pasta
75g toasted pine nuts, to serve
parmesan, shaved, to serve

1 Roughly chop the sorrel, tip into a food processor with the butter and lemon juice, and whizz to a paste.

Season, scrape onto a sheet of cling film and roll into a log. *Will keep in the fridge for one week, or in the freezer for a month.*

2 Cook the pasta following pack instructions until al dente. Meanwhile, put the sorrel butter in a large frying pan to melt and, using tongs, add the pasta straight from the water and toss in the butter. Add most of the pine nuts and mix well before twirling the pasta into bowls. Scatter with parmesan and the remaining pine nuts, and serve immediately.


GOOD TO KNOW vit c

PER SERVING 384 kcals • fat 23g • saturates 13g •
carbs 35g • sugars 1g • fibre 4g • protein 8g • salt 0.5g



Grilled sea trout, prosciutto, samphire & lentils

Spring-caught wild sea trout and salmon come at a vast premium, but their farmed counterparts still pair nicely with other seasonal ingredients.

SERVES 2 **PREP 5 mins**
COOK 15 mins **EASY** 

2 sea trout fillets
2 slices prosciutto

For the lentils

2 tbsp olive oil, plus extra for drizzling
250g pack cooked Puy lentils
3 tbsp small capers
100g samphire
½ lemon, juiced, plus 2 lemon wedges to serve
Greek yogurt, to serve

1 Heat the grill to medium. Wrap each fillet of fish in a slice of prosciutto and drizzle with a little olive oil. Place on a baking tray and

grill for 6-8 mins, turning once, until the prosciutto is crisp and the fish is just cooked through.

2 While the fish is cooking, tip the lentils, capers, samphire and olive oil into a small saucepan and gently heat through, adding the lemon juice and seasoning to taste. Serve the fish with the lentils, lemon wedges, a dollop of yogurt and a drizzle of olive oil.

GOOD TO KNOW fibre • 2 of 5-a-day • gluten free
PER SERVING 561 kcals • fat 25g • saturates 5g • carbs 26g • sugars 1g • fibre 10g • protein 52g • salt 4.4g



season's best

Spring

green!

Make the most of seasonal produce with these new recipes

recipes BARNEY DESMAZERY and LULU GRIMES

photographs STUART OVENDEN



gf cover recipe

Pea, broad bean & rocket
risotto with chicken, p44



**Asparagus fries &
baconnaise, p44**

gf cover recipe

Pea, broad bean & rocket risotto with chicken

We're always looking for ways to waste less food, which is how we came up with this month's cover star. It has bags more flavour than the average risotto, as it's cleverly made from a tasty stock of the pea pods, woody asparagus ends, and parsley stalks, which normally get thrown away.

SERVES 4 **PREP 20 mins**
COOK 50 mins **EASY** †

1 litre vegetable stock
250g fresh peas in their pods, podded and pods reserved
200g bunch asparagus, trimmed (woody ends reserved) and sliced
small pack parsley (25g), leaves picked and roughly chopped, stalks reserved
3 tbsp olive oil
50g butter
1 onion, finely chopped

300g risotto rice
small glass of white wine
100g podded, blanched broad beans (peeled if you like)
3 skinless chicken breasts
50g parmesan, finely grated
handful wild rocket

1 To make the base, bring the stock to the boil, then add the pea pods and asparagus ends. Simmer for 2 mins, then add the parsley stalks and take off the heat. Use a powerful stick blender to blitz everything to make a green stock, then pass through a sieve into a jug. Set aside.
2 Heat 2 tbsp of the oil and half the butter in a heavy, wide pan. Tip in the onion and sizzle gently for 5 mins until soft. Turn up the heat slightly, tip in the rice and stir for a few mins. Pour in the wine and cook down until it has been absorbed into the rice.
3 Add ladles of stock to the rice, stirring, adding another ladleful after it's been absorbed. Once the rice is starting to soften but is still chalky (about 20 mins), stir in the

peas and asparagus. Keep adding stock until it's all been used and the rice is just cooked, then stir through the broad beans.

4 While the rice is cooking, heat the remaining oil in a frying pan. Season the chicken and pan-fry for 3-4 mins each side until lightly browned and just cooked through. Turn the heat off but leave the chicken in the pan to keep warm.
5 Once the risotto is cooked, take off the heat and scatter over the parmesan, the rest of the butter and the parsley leaves. Cover the pan and leave to sit for a few mins. Carve the chicken into thick slices, give the risotto a good stir, season well and scatter over the rocket. Serve the risotto topped with the sliced chicken.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 727 kcals • fat 26g • saturates 11g • carbs 72g • sugars 6g • fibre 8g • protein 43g • salt 1.2g

gf tip

Turn this into a vegan main course by using just olive oil instead of butter, omitting the chicken and leaving out the parmesan.

Asparagus fries & baconnaise

The only thing cooked asparagus lacks is crunch, so we've rectified that minor failing by coating it in breadcrumbs and roasting it. Serve with our smoky, creamy baconnaise – it really is amazing.

SERVES 4 **PREP 20 mins**
COOK 35 mins **MORE EFFORT** ▢

2 bunches of asparagus – you want about 20 spears in total
plain flour
3 eggs
50g parmesan, finely grated
50g panko breadcrumbs
4 tbsp olive oil
For the baconnaise
250g smoked streaky bacon
2 tbsp sunflower oil, plus extra to top up
1 egg, plus 1 egg yolk (from above)
1 tbsp mustard
1 tbsp cider vinegar

1 Separate one of the three eggs for the asparagus. Put the white in a bowl with the remaining two eggs, beat with a fork and set aside until needed. Now, make the baconnaise. Chop the bacon as finely as possible. Heat the oil in a frying pan, add the bacon and stir over a low heat for 15 mins, so it ends up sizzling in its own fat and becomes brown and crisp. Sit a metal sieve over a jug and tip the bacon into the sieve – you need about 200ml of fat in total, so top up the bacon fat with extra oil as necessary. Leave to cool for 10 mins.
2 Tip the egg, egg yolk and mustard into a bowl, whisk to combine, then slowly add the bacon fat and oil mixture – first a drop at a time, then gradually quicker when it starts to come together. (You can also make this in a mini chopper, by blitzing the egg and mustard then slowly adding the oil with the blade running.) Once you have a thick mayonnaise, add the vinegar and chopped bacon, and season to taste. *Can be made up to three days ahead and kept in the fridge.*
3 For the asparagus, snap off or trim the woody ends (save for

making stock or soup). Get out three shallow dishes and tip the flour into one, the reserved beaten eggs into another, and the parmesan and breadcrumbs into the third. Dip the asparagus in the flour, then the egg, then the cheesy breadcrumbs, and put on a plate. *Can be prepared the day before, covered and kept in the fridge.*
4 Heat oven to 220C/200C fan/gas 7. Drizzle the oil over a baking tray (a sturdy Swiss roll tin is ideal) and heat in the oven. Once the oil is hot, carefully lay the asparagus spears in it, then turn them. Make sure they are in one layer, then roast for 20 mins, turning halfway through, until the crumbs have browned to a crisp coating. Leave until just cool enough to pick up, then serve with the baconnaise for dipping.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 801 kcals • fat 70g • saturates 15g • carbs 15g • sugars 2g • fibre 2g • protein 26g • salt 3.0g

gf tip

Following the trend of making mayonnaise out of everything other than the usual ingredients, we've used bacon. Use this mayo as a dip, or as a spread for toasted sandwiches or burgers to give the flavour of crisp, smoky bacon without having to turn on the grill.

Pea & broad bean shakshuka

We've turned this classic brunch dish into more of a main course by adding seasonal spring vegetables.

SERVES 4 **PREP** 20 mins

COOK 30 mins **EASY V**

1 bunch asparagus spears
200g sprouting broccoli
2 tbsp olive oil
2 spring onions, finely sliced
2 tsp cumin seeds
large pinch cayenne pepper, plus extra to serve
4 ripe tomatoes, chopped
1 small pack parsley, finely chopped
50g shelled peas
50g podded broad beans
4 large eggs
50g pea shoots
Greek yogurt and flatbreads, to serve

1 Trim or snap the woody ends off the asparagus and finely slice the spears, leaving the tips and about 2cm at the top intact. Finely slice the broccoli in the same way, leaving the heads and about 2cm of stalk intact. Heat the oil in a frying pan. Add the spring onions, sliced asparagus and sliced broccoli, and fry gently until the veg softens a little, then add the cumin seeds, cayenne, tomatoes (with their juices), parsley and plenty of seasoning, and stir. Cover with a lid and cook for 5 mins to make a base sauce, then add the asparagus spears, broccoli heads, peas and broad beans, cover again and cook for 2 mins.

2 Make 4 dips in the mixture. Break an egg into each dip, arrange half the pea shoots around the eggs, season well, cover with a lid and cook until the egg whites are just set. Serve with the rest of the pea shoots, a spoonful of yogurt and some flatbreads, and sprinkle over another pinch of cayenne, if you like.

GOOD TO KNOW healthy • folate • fibre • vit c •

3 of 5-a-day • gluten free

PER SERVING energy 199 kJ • fat 12g • saturates 2g •
carbs 7g • sugars 5g • fibre 7g • protein 13g • salt 0.2g





Courgette, jalapeño & feta nachos

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** **V**

1 onion, finely chopped
2 tbsp olive oil
2 jalapeño chillies, finely sliced
2 courgettes, finely chopped
1 tsp sweet smoked paprika
2 small Little Gem lettuces, chopped
1 small pack coriander, chopped

150ml double cream
200g feta, chopped
1 bag plain tortilla chips
50g pumpkin seeds

1 Heat oven to 200C/180C fan/gas 6. Fry the onion in the oil until softening, then add the chillies and courgettes and fry until starting to soften. Add the paprika, season well, and fry for a min more, then stir in the lettuce and cook until wilted. Stir in half the coriander.

2 Melt the cream and feta in a small pan, whisking out any lumps. Put the pumpkin

seeds in a small ovenproof dish and roast for 5-8 mins or until toasted. Tip the tortilla chips onto a baking tray and warm in the oven for 5 mins.

3 Arrange the tortilla chips on a large platter and spoon over the courgette and jalapeño mixture, followed by the feta cream. Scatter over the remaining coriander and pumpkin seeds.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day • gluten free

PER SERVING energy 744 kJ • fat 56g • saturates 23g • carbs 38g • sugars 8g • fibre 8g • protein 19g • salt 2.1g



Mint chutney, barbecued
lamb & potato salad, p48

Nettle spanakopita

We used nettles instead of spinach in this twist on the classic, crispy Greek filo pie. Young nettles are a sweet, nutritious and free alternative to spinach.

SERVES 6 **PREP** 20 mins plus cooling
COOK 50 mins **MORE EFFORT** **V**

150g nettle leaves
100g butter, 25g solid, 75g melted
200g feta, crumbled
50g parmesan, finely grated
1 lemon, zested and juiced
1 egg, beaten
grated nutmeg
7 sheets filo pastry
1 tbsp sesame seeds
green salad, to serve

1 For the filling, wash the nettles well but don't drain them too thoroughly. Heat the solid butter in a large frying pan. When it's sizzling and has turned a nutty brown, add the nettles and cook for about 6 mins until wilted. Leave to cool.

2 Using a tea towel, squeeze as much liquid out of the nettles as you can, then roughly chop and tip into a bowl. Mix in the feta, parmesan, lemon zest and juice, about two-thirds of the egg and some nutmeg, and season generously. The filling should be loose but not sloppy.

3 Heat oven to 200C/180C fan/gas 6. To assemble the spanakopita, lay three sheets of filo end-to-end on your work surface, overlapping by about 5cm. Brush each piece with melted butter and top with three more sheets, then brush with more butter and add the final sheet to the middle for extra support. Spoon the nettle mix

along the edge, about 2cm wide, and tuck over the short ends to stop any filling from coming out. Roll the pastry into a long sausage shape. Starting with one end, roll up the sausage into a spiral shape about 20cm wide. Put the spanakopita in a shallow round pan, like an ovenproof frying pan, if it fits. If not, slide it onto a buttered baking tray.
4 Brush the pie liberally with the remaining egg and scatter with the sesame seeds. Bake for 40-45 mins or until golden brown. Leave to cool until just warm, then serve in slices with a peppery salad.

GOOD TO KNOW calcium

PER SERVING energy 421 kcs • fat 26 • saturates 15g • carbs 30g • sugars 2g • fibre 4g • protein 15g • salt 1.8g

Mint chutney, barbecued lamb & potato salad

You can get mint all year round but its true season is spring. Here we've given it star billing by turning it into a punchy, Indian-style fresh chutney, which we've used three ways – as a marinade, as a dressing and as the base to a sauce.

SERVES 6 **PREP** 20 mins plus at least 2 hrs marinating **COOK** 1 hr **EASY**

1 small leg of lamb, about 1.5kg, butterflied (ask your butcher to do this for you)

For the chutney

1 large pack mint (about 100g), leaves picked

1 small pack coriander

3 garlic cloves

1 finger-sized piece of ginger

2 green chillies, deseeded if you like

2 tsp cumin seeds, toasted

1 lemon, juiced

For the potatoes

800g new potatoes, halved

100g peas, frozen or fresh and podded

2 spring onions, sliced

200g Greek yogurt

1 First, make the chutney. Put all the ingredients with a good pinch of salt and a small splash of water in a minichopper or food processor and blitz to a chunky paste. *Will keep in the fridge for two days.*

2 Use one-third of the chutney to marinate the lamb for at least a couple of hours, or up to 24 hrs before. To make the potato salad, boil the potatoes until just cooked, around 12-15 mins. When they've got about a minute left, add the peas. Drain and leave to cool. Toss the spring onions through the potatoes and peas, then dress with one-third of the chutney and the yogurt. *Can be made a day ahead and chilled in the fridge. Take out 1 hr before serving.*

3 To cook the lamb, heat the barbecue until the coals are ashen. Grill the lamb, flesh-side down, for about 25 mins, then flip it over and cook on the fat side for about 15 mins until charred and sizzling. When the lamb is cooked to your liking, leave it to rest on a warm platter to catch the juices. To serve, carve the lamb into thick slices, again catching the juices. In a bowl, mix the cooking juices with the remaining chutney, and serve alongside the lamb.

GOOD TO KNOW folate • vit c • iron • gluten free
PER SERVING energy 579 kcs • fat 29 • saturates 13g • carbs 24 • sugars 4g • fibre 4g • protein 55g • salt 0.4g

At their best now

Fruit & veg

- Asparagus
- Broad beans
- Cauliflower
- Elderflower
- Mint
- Nettles
- New potatoes, including Jersey Royals
- Peas
- Pea shoots
- Radishes
- Rhubarb
- Rocket
- Salad onions
- Samphire

• Sorrel

- Watercress
- Wild garlic

Fish & seafood

- Dab
- Plaice
- Pollock
- Trout

Meat & game

- Spring lamb
- Wood pigeon



You can also cook the lamb in the oven. Heat oven to 220C/200C fan/gas 7, place it on a baking tray, cook for 15 mins, then reduce the oven to 180C/160C fan/gas 4 and cook for 15 mins more. Leave to rest for 15 mins.





TOM KERRIDGE

Get the most from your roast chicken

Four scrumptious meals
from just one chicken

photographs PETER CASSIDY

When *Good Food* set me the task of making a chicken into four meals, I thought about how I could simplify the process. Every time I've seen this done, the cook is asked to make a stock using the bones. Making fresh stock isn't a big ask at the weekend, but on a weeknight, I could just see people thinking 'yeah, right' and cooking something else. So here I've pot roasted the whole bird to give you chicken and stock in one. I love this way of cooking, it's what I was brought up on – no waste, comforting family favourites.



Pot-roast chicken
with stock, p52



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and new venture The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dhs115, Absolute Press), is out now. [Twitter](#) [Instagram](#) @ChefTomKerridge

One-pot Chinese chicken noodle soup

This soup doesn't need any chicken in it as the broth has so much flavour but if you have some leftover, then all the better.

SERVES 4 **PREP** 10 mins **COOK** 15 mins

1 tbsp honey
3 tbsp dark soy
1 red chilli, sliced
1 litre chicken stock, from the pot roast (p52)
80g leftover chicken (optional)
20g pickled pink ginger or normal ginger, peeled and finely sliced
½ chinese cabbage, shredded
300g pouch straight to wok thick noodles
4 spring onions, sliced

1 Drizzle the honey over the base of a large saucepan and bubble briefly to a caramel, then splash in the soy, bubble, add half the chilli and the chicken stock and simmer for 5 mins.

2 Add the chicken, if using, and ginger, and simmer for another 5 mins. Stir in the cabbage and noodles and cook until just wilted and the noodles have heated through. Ladle into bowls and sprinkle over the remaining chilli and the spring onions.

GOOD TO KNOW low fat • low cal • 1 of 5-a-day

PER SERVING 265 kcals • fat 4g • saturates 1g • carbs 30g • sugars 7g • fibre 5g • protein 19g • salt 1.8g



Pot-roast chicken with stock

Pot-roasting like this is a winning formula for keeping your chicken succulent and also giving you an amazing stock to use in other recipes. I've used a big chicken, but use whatever size suits your budget and fits in your pan and then use the other recipes as leftover inspiration.

SERVES 4 with leftovers
PREP 10 mins **COOK 2 hrs 10 mins**
EASY 🍴

2 tbsp olive oil
 2.4kg chicken – buy the best you can afford
 4 onions, peeled and cut into large wedges
 ½ bunch thyme
 3 garlic cloves
 6 peppercorns
 175ml white wine
 1.2 litres chicken stock

1 Heat oven to 170C/150C fan/gas 5. Heat the oil in a large flameproof casserole dish and brown the chicken well on all sides, then sit it breast-side up. Pack in the onions, thyme, garlic and peppercorns, pour over the wine and stock, and bring to the boil. Pop on the lid and transfer to the oven for 2 hrs. Remove and rest for 20 mins. Carefully lift the chicken onto a chopping board and carve as much as you need. Serve the carved chicken in a shallow bowl with the onions and some of the stock poured over. Serve with some usual Sunday veg and roast potatoes.

2 Strain the leftover stock into a bowl and strip the carcass of all the chicken. *Chill both for up to three days or freeze for up to a month to use for my other recipes.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 500 kcals • fat 29g • saturates 7g •
 carbs 6g • sugars 5g • fibre 2g • protein 51g •
 salt 0.6g

Chicken & leek filo pie

SERVES 4 **PREP 15 mins** **COOK 1 hr 30 mins** **EASY**

75g butter	shredded
2 leeks, halved lengthways and sliced	75ml double cream
300g chestnut mushrooms, sliced	2 tbsp wholegrain mustard
25g flour	small handful parsley
300ml chicken stock (from the pot roast, left)	6 sheets of filo pastry
300g cooked chicken (from the pot roast, left),	60ml olive oil
	1 tsp thyme leaves
	1 tsp nigella seeds
	cabbage and mash, to serve (optional)

1 Heat a third of the butter in a large saucepan, cook the leeks for 10 mins or until softened, then tip onto a plate and repeat with another third of the butter and the mushrooms. Heat the remaining butter in the same saucepan and, once melted, stir in the flour and cook the sandy paste for 1 min, then stir in the chicken stock a ladleful at a time. Leave on a low heat to simmer for 5 mins, then stir the chicken, leek, mushrooms, cream and mustard into the sauce, add the parsley and season with salt and cracked black pepper. Spoon into a 20cm pie dish and leave to cool.

2 Heat oven to 190C/170C fan/gas 5. Lay a sheet of filo on a chopping board and brush with olive oil, then place on top of the pie with the corners resting on the sides of the dish, then repeat the process, placing the next sheet slightly off-centre – the idea is to fan the sheets of filo. Brush every layer with oil, and on the last layer sprinkle over salt, thyme leaves and nigella seeds. Press the pastry gently into the edge of the dish. Bake for about 1 hr until the pastry is deep golden, then remove from the oven and serve with buttered cabbage and mashed potato, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 820 kcals • fat 54g • saturates 21g •
 carbs 46g • sugars 5g • fibre 7g • protein 33g • salt 1.7g



Mexican chicken & black bean wraps

SERVES 4 **PREP** 15 mins

COOK 20 mins **EASY**

1 tbsp sunflower oil
1 onion, finely sliced
3 garlic cloves, crushed
1 tsp each ground cumin, smoked paprika and dried oregano
400g can black beans, drained but not rinsed
about 150g cooked chicken (from the pot roast, p52), shredded
4 pickled chillies, chopped
3 tomatoes, roughly chopped
small handful coriander leaves, chopped
4 floured tortillas (seeded or wholemeal if you prefer)
100g cheddar, grated

To serve

100g plain yogurt
50g chipotle sauce
1 lime, quartered
guacamole (optional)

1 Heat the oil in a frying pan, tip in the onion and fry for 5 mins until golden. Stir in the garlic, cumin, paprika and oregano and cook for 2 mins. Tip in the beans and the chicken and heat through, then stir in the chilli, tomatoes and coriander, season and keep warm.

2 Lay a tortilla in a non-stick pan, sprinkle with cheese and heat until melted. Slide the wrap onto a board, spoon over a quarter of the chicken filling and roll up tightly. Repeat to make three more wraps. Mix the yogurt and chipotle sauce and serve on the side with guacamole and lime wedges for squeezing over.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 475 kcs • fat 21g • saturates 9g •
carbs 40g • sugars 6g • fibre 10g • protein 26g •
salt 1.8g



TOMMY'S TWIST

Lamb LASAGNE

Our new contributor Tommy Banks, a two-time winner of the BBC's *Great British Menu*, makes over a beloved family favourite

photograph PETER CASSIDY

Braised lamb lasagne

Considering that they're cheap and easy to come by, lamb neck fillets are hugely underused. This is my lazy Sunday dish – I put the lamb in the oven and go out for the day, then quickly assemble the lasagne before tea.

SERVES 4 PREP 30 mins

COOK 5 hrs EASY 🌿

1 tbsp olive oil
4 lamb neck fillets (about 400g)
1 garlic clove
1 rosemary sprig
500g carton passata
500ml whole milk
50g unsalted butter
50g plain flour
70g parmesan, grated
6 lasagne sheets
2 mozzarella balls, torn into thin strips
2 tbsp panko breadcrumbs
dressed chicory leaves, to serve (optional)

1 Heat oven to 130C/110C fan/gas 1. Heat the oil in a casserole dish. Season the lamb generously, then sizzle for 5 mins until nicely browned. Add the garlic and rosemary and cook for a minute more, then pour over the passata. Rinse out the passata carton with a splash of water, then pour that in too. Season, then bring to a simmer. Cover tightly with foil, top with the lid, then cook in the oven for at least 3½ hrs or up to 4 hrs, until the lamb is shreddable. Leave the lamb to cool slightly, then use two forks to shred it into the sauce. *Will keep in the fridge for two days, or in the freezer for six months.*

2 To make the béchamel, heat the milk in a saucepan until just simmering. In a separate pan, melt the butter, then add the flour and stir to make a sandy paste. Slowly whisk in the hot milk until combined and you have a glossy white sauce. Stir in half the parmesan and season. Meanwhile, soak the lasagne sheets in just-boiled water to soften, then drain.

3 Heat oven to 180C/160C fan/gas 4. Spread a thin layer of the lamb sauce over the base of a small lasagne dish, then top with a layer of pasta, followed by a third of the béchamel and a third of the mozzarella. Add a second layer of lamb, then again top with pasta, then béchamel, then mozzarella. Add a final layer of pasta, then top with the rest of the béchamel, the last of the mozzarella, the remaining parmesan and the panko breadcrumbs. Bake the lasagne for 35 mins, then turn the oven up to 190C/170C fan/gas 5. Bake for 10 mins more to crisp up the top, then leave to rest for 10 mins before serving straight from the dish with a few dressed chicory leaves, if you like.

GOOD TO KNOW calcium • 1 of 5-a-day

PER SERVING 863 kcals • fat 54g • saturates 30g • carbs 45g • sugars 12g • fibre 3g • protein 48g • salt 1.3g



Tommy Banks is chef-owner at The Black Swan in Olstead, North Yorkshire (blackswanoldstead.co.uk). His new book, *Roots*, is out on 5 April (£25, Seven Dials). We'll be running an exclusive extract from the book in next month's issue.

🐦 [@tommybanks8](https://twitter.com/tommybanks8) 📷 [@tommybanks](https://www.instagram.com/tommybanks)

“

Mozzarella is a must in lasagnes. I love the way the cheese stretches as you pull out a portion

”





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health news

Sarah Lienard shares this month's star ingredient, a guide to gut-friendly foods, and tips on how to exercise for free

FITNESS

Get active

Inspired to do more exercise? Try sports therapist Katie Hiscock's tips for exercising for free.



Find a local running group. More people are running than ever before, which is partly because of the free groups that have cropped up over the last few years. Parkrun and some sports shops have groups across the country. If you're new to running, there are plenty of free online training plans to get you started, such as the 'Couch to 5K' plan.

Go team! Make exercise less of a chore by choosing something you enjoy. Whether it's a casual five-a-side football team or tennis club, there are thousands of free amateur clubs around the country. Check out the BBC's Get Inspired Activity Finder to find out what's near you.



Bring the gym to you. There are thousands of accessible videos, podcasts and apps for fitness – just make sure the advice comes from someone credited by a reputable fitness organisation. Try our 10-minute workout at bbcgoodfood.com/beginners-workout.

SPOTLIGHT ON...



Turmeric

Turmeric has been used in traditional herbal remedies for centuries, and has recently experienced a surge in popularity on social media due to its highly Instagrammable, vibrant yellow hue. There are two active ingredients in turmeric – turmerone and curcumin. Studies suggest that curcumin has antioxidant and anti-inflammatory properties, and research is ongoing into its other health benefits.

Fancy giving it a go? Try our delicious turmeric latte, also known as 'golden milk'.

Turmeric latte

**SERVES 2 PREP 5 mins
COOK 5 mins EASY V**

350ml almond milk (or any milk of your choice)
¼ tsp each ground turmeric, cinnamon and ginger
½ tsp vanilla extract
1 tsp maple syrup
grind of black pepper

Put all the ingredients in a saucepan and whisk constantly over a gentle heat, ideally with a milk frother if you have one. Once hot, pour into mugs and sprinkle with a little more cinnamon to serve.

GOOD TO KNOW vegan • healthy • low fat • calcium • gluten free
PER SERVING 38 kcals • fat 2g • saturates none • carbs 3g • sugars 3g • fibre 1g • protein 1g • salt 0.2g



HEALTH HACK

An A to Z of FERMENTED FOODS



KOMBUCHA
Fizzy, fermented black tea with a slightly sour taste



KEFIR
A probiotic cultured drink, made using milk or water



MISO
A traditional Japanese paste made from soybeans and grains



SAUERKRAUT
A fermented cabbage dish that's a good source of fibre and vitamin C



YOGURT
Choose the 'live' variety to benefit from the probiotic effects



TEMPEH Fermented soybeans set into firm, sliceable blocks – a good vegan source of protein

Interest in fermented foods is continuing to rise due to their probiotic qualities that may help to boost good gut bacteria and improve digestion. Know your kefir from your kombucha with our at-a-glance guide...

For more information on all of the above, plus recipe suggestions, visit bbcgoodfoodme.com

HEALTHY EATS IN DUBAI

A round-up of some of the best places to grab a healthy bite in the city



DEMOISELLE BY GALVIN, CITY WALK DUBAI

Looking for a new spot to head for a nice healthy breakfast? This month, Demoiselle by Galvin has launched two prix fix menus to start the day, delivering a selection of both, rich and comforting or nutritious and wholesome. Enjoy soy milk soaked muesli, toasted seeds and coconut water jelly, or go for natural yogurt with extra virgin olive oil, zaatar, cucumber, datterino tomatoes and flat bread. For main, delicious options include Oeuf Royale, Oeuf Bénédicte or Oeuf Florentine, alternatively, the egg white omelette with steamed asparagus, mushrooms and spinach is a lighter option. Fresh fruit platters and specially curated tea and coffee accompany, all for the price of Dhs96 for the detox set menu, or Dhs112 for the heartier selection. For more information, see demoiselledubai.com.

RIVA BEACH CLUB, THE SHORELINE, PALM JUMEIRAH



There's no better way to round off the weekend than with good food, great drink deals and a beachside location and now RIVA Beach Club is offering the ultimate weekend wind down with

Chill Saturdays - a winning combination of healthy BBQ bites, beats, beach and beverages. Indulge in classic BBQ staples including grilled meats like chicken skewers with corn and baked potatoes - for Dhs80 per person. Every Saturday, from 3pm to 7pm. For more information, see riva-beach.com.



SOPHIE'S CAFÉ, BARSHA HEIGHTS

In response to the demand for plant-based meals, Sophie's Café is now serving a wide selection of vegan and healthy dishes, created in-house from scratch with a particular focus on local, organic and whole foods. The menu of sweet, savoury and vegan dishes at Sophie's include options like the vegan breakfast with home-style beans, sautéed mushrooms, grilled tomato, asparagus, sautéed spinach and avocado, there are acai bowls made up of ingredients like acai, banana, strawberries, dragon fruit, peanut butter, homemade granola, plus vegan eggplant meat balls, quinoa with corn, pumpkin seeds and avocado - plus more. Sophie's Café also offers delivery service. To find out more visit sophiesme.ae.



THE FRESH FIX, SHANGRI-LA HOTEL, DUBAI

Introducing a brand new brunch concept to Dubai, The Fresh Fix at Dunes Café is the place to spend your Friday afternoon, if you're looking for a healthy alternative to the city's popular weekend brunch concept. The Fresh Fix invites you to nourish your body and mind with a medley of nutritious, wholesome and healthy dishes made with the freshest ingredients, from healing chia bowls to nutty homemade granola. The Fresh Fix runs every Friday from 12.30pm to 4pm with packages starting at Dhs195 with food only, Dhs235 with soft beverages and Dhs350 with house beverages. For more information or to book a table, call 04-4052703, e-mail f&breservations.sldb@shangri-la.com or visit shangri-la.com/dubai.



ARROWS AND SPARROWS, EMAAR BUSINESS PARK, THE GREENS

Arrows and Sparrows has launched a new menu at their café in The Greens, with plenty of healthy options. Founders Davron and Zee have introduced a host of new flavours and ingredients to the menu with their new dishes; Amigos Tacos, with pulled beef and smashed avocado, Truly Turkish, seared sucuk sausage with sunny side up eggs, Pokecado, poke and avocado on toast, and lots more. In addition, the breakfast menu is now available all day every day until 6pm, and the kid's menu has been extended to include some exciting new additions, including a banana and mango fruit bowl. The café uses 100% organic coffee from RAW Coffee Company. For more information, see arrowsandsparrows.com.



BERTIN BISTRO AND RESTAURANT, SHEIKH ZAYED ROAD

Bertin Bistro has launched a new menu to introduce a range of healthy options. Offering an array of traditional dishes consisting of traditional French and Alsatian plates. New additions to the menu include green pea risotto with a hint of truffle oil, salmon and asparagus, lamb chops and a healthy tuna salad, plus more, which are served all day. During the week, diners can enjoy 'The Lunch Formula' with a combination of mains, salads and soups priced from Dhs25 to Dhs55. With interiors boasting a traditional French bistro with a modern twist, the relaxed setting provides a welcoming escape from the high tensions of the city. For more information, call 04-3219239.



3IN1, VIDA DOWNTOWN

Every Saturday from 11am to 3pm, enjoy healthy bites while you chill poolside in the sunshine, at Vida Downtown's al fresco 'Saturdaze' brunch. Inspired by NYC brunches, the menu here features classics like eggs benedict, omelettes, avocado toast, salads and sandwiches whilst you lounge in the casual and urban setting. Saturdaze offers an extensive juice bar, providing a healthy way to rejuvenate, getting ready for the busy week ahead, offering detox drinks to boost, cleanse and energise. Priced at Dhs145 per person inclusive of the unlimited buffet, hot beverages, juice bar, one main dish and one glass of brunch concoction. It's an additional Dhs100 per guest for a poolside cabana and pool access. For more information, call 04-8883444 or visit vidahotels.com.



BYSTRO, AL MANARA, DUBAI

Bystro is an all-rounder family-friendly and diet-friendly restaurant, boasting a menu loaded with classic European flavours, with versatile superfoods and nutritious ingredients. Featuring close to 20 healthy options, it's the perfect place for lunch or a laid-back weekend brekkie. Some items on the menu include the Bystro Bircher with granola, Greek yogurt, nuts and seeds, there's Portobello mushrooms on toast with hazelnuts, beef ramen with bone broth, egg, pickled ginger, bamboo shoots, and snow peas, plus charcoal roast salmon with black rice, and kale – plus more. For more information, see bystrodubai.com or call 04-336 8056.

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3 recipes for skin health

Cookery writer **Sophie Godwin** gives you a day's meal plan packed full of ingredients that are good for your skin

photographs MIKE ENGLISH nutritional therapist KERRY TORRENS

Breakfast

Curried broccoli & boiled eggs on toast

Eating eggs for breakfast will not only help keep you full, they are a great source of protein and vitamin A which helps improve skin quality. Pomegranate seeds contain polyphenols which may help protect against signs of ageing.



SERVES 2 **PREP 10 mins** **COOK 15 mins** **EASY V**

1/2 tsp turmeric	2 slices wholemeal sourdough
1 tsp garam masala	1 tbsp natural yogurt
1/2 tbsp rapeseed oil	1 tbsp pomegranate seeds
200g Tenderstem broccoli	
2 medium eggs	

1 Heat oven to 200C/180C/gas 6. Mix together the spices and oil, then toss with the broccoli and some seasoning on a baking tray. Roast for 12-15 mins until tender.

2 Meanwhile, bring a small pan of water to the boil, lower in the eggs and boil for 6-8 mins, depending on how you like them, then immediately rinse under cold water, peel and halve. Toast the bread, then spread with the yogurt. Top each slice with the roasted broccoli and an egg, then scatter over the pomegranate seeds.

GOOD TO KNOW healthy • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 258 kcals • fat 10g • saturates 2g • carbs 22g
 • sugars 5g • fibre 7g • protein 17g • salt 0.7g



Lunch

Avocado houmous & crudités

This lunch contains all 5 of your 5-a-day! Brightly coloured vegetables supply beta-carotene to the body which is converted into skin-friendly vitamin A. Avocado is rich in mono-unsaturated fats and vitamin E, which help to maintain healthy skin.



SERVES 2 PREP 10 mins NO COOK EASY V

1 avocado, peeled and
destoned
210g chickpeas, drained
1 garlic clove, crushed
pinch chilli flakes, plus
extra to serve

1 lime, juiced
handful coriander leaves
2 carrots, cut into strips
2 mixed peppers, cut into
strips
160g sugar snap peas

Blitz together the avocado, chickpeas, garlic, chilli flakes and lime juice, and season to taste. Top the houmous with the coriander leaves and a few more chilli flakes, and serve with the carrot, pepper and sugar snap crudités. Make the night before for a great take-to-work lunch.

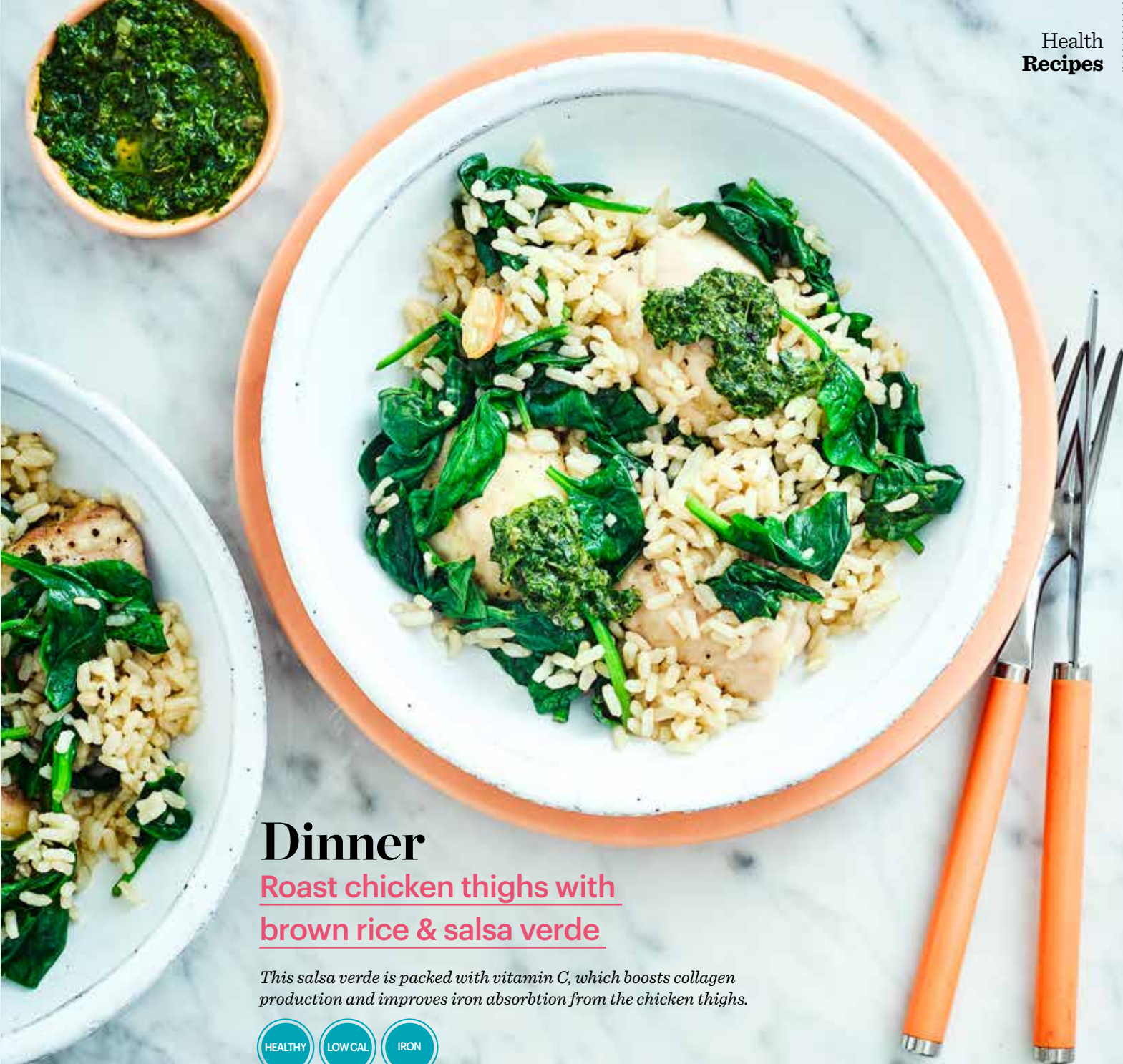
GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 5 of 5-a-day

• gluten free

PER SERVING 335 kcs • fat 17g • saturates 3g • carbs 28g • sugars 15g • fibre 15g

• protein 10g • salt 0.2g





Dinner

Roast chicken thighs with brown rice & salsa verde

This salsa verde is packed with vitamin C, which boosts collagen production and improves iron absorption from the chicken thighs.

HEALTHY

LOW CAL

IRON

SERVES 2 **PREP** 10 mins **COOK** 35 mins **EASY**

3 boneless, skinless chicken thighs,
each cut in half
2 tbsp rapeseed oil
2 garlic cloves, bashed
1/2 small pack coriander
1/2 small pack parsley

1 anchovy fillet
1/2 tbsp capers
1/2 lemon, zested and juiced
200g pouch cooked wholegrain rice
200g baby leaf spinach

1 Heat oven to 200C/180C fan/gas 6. Season the chicken, rub with 1/2 tbsp oil, then put in a large roasting tin with the garlic and roast for 25-30 mins.

2 Meanwhile, blitz the herbs, anchovy, capers, lemon juice and remaining oil with some seasoning in a food processor until finely chopped. Set aside.

3 Once the chicken is cooked, remove the tin from the oven and squeeze the garlic out of their skins. Tip in the rice and use a wooden spoon to break it up, then add the spinach and lemon zest and toss. Return to the oven for 5 mins. Divide between bowls and dollop on the salsa verde.

GOOD TO KNOW healthy • low cal • folate • vit c • iron • 1 of 5-a-day • gluten free

PER SERVING 423 kcs • fat 19g • saturates 3g • carbs 29g • sugars 1g • fibre 5g • protein 31g • salt 1.1g

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MEXICO

Forget the ritzy resorts lining the Mexican Caribbean. The Pacific beaches around Puerto Vallarta are home to bargain hotels, a lively culinary scene and great mescal

words SARAH BARRELL





Move over Cancún: the latest Mexican destination to seduce savvy travellers is Puerto Vallarta. Once a fading beach resort trading on its diminishing Burton-and-Taylor charm – Burton infamously brought his future wife with him here in the 1960s while he filmed *Night of the Iguana* – this Pacific coast city is regaining its elegance. The Marina development has added Miami pizzazz with exciting new restaurants, and you can even stay in Burton and Taylor's old house (now a boutique hotel; casakimberly.com), but it remains great value.

Meanwhile, along old cobbled streets in the south of the city, turn-of-the-century tortillerias churn out corn tacos and families gather for dinner on the wrought-iron balconies of apartment blocks stacked impossibly up the sheer mountainside. On the beach, hipster spots such as El Barracuda (elbarracuda.com) vie for cocktail domination with the old *tuberos* who sell freshly made *tuba* (coconut milk, apple vinegar and spices).

But don't stop there. Roam north along the Riviera Nayarit, 200 miles of white sand and whale-rich waters, where surfer chic and laidback eateries rule in towns like San Francisco (known locally as San Pancho) and Sayulita. Here, you could happily sustain yourself by spending loose change on superb seafood tacos, *paleta* (ice lollies) that sing with chilli and lime, and mezcal.

Drive an hour south of Puerto Vallarta, into Jalisco state and you'll find boho budget-luxe beach retreats starting to spring up in bays accessible only by boat. Here, it's always summertime and the living is safe and easy.

WHERE TO EAT

Bistro Organico A rustic-chic Mexican restaurant in a pretty garden, tucked away in a boutique hotel (see 'Where to Stay'), on a cobbled San Pancho backstreet. The ethic here is organic, sustainable and local, from the raw organic chocolate to the Capomo seed 'coffee' made by a 75-year-old local woman who still delivers the sacks herself. Must eat: mole with shrimp, salads zinging with local fruits and the weekly tasting menu of fish-centric tacos. Mains around Dhs21.

hotelcielorojo.com

Don Pedros For a beachfront blow out, book a table at this seafood-focused, palapa-shaded restaurant in the surf town of Sayulita. Modern Mexican dishes include tuna tacos and chile relleno, plus fresh ceviche and sushi from the raw bar. Or simply come for snacks, a smoky mezcal sundowner, and twinkly dusk views over Sayulita's double crescent bay. A two-course dinner for two with cocktail costs around Dhs206.

donpedros.com

Tintoque One of the new wave of super smart restaurants to grace Puerto Vallarta's shiny marina development. Start with the signature tamarind margarita then move on to creations by local boy Joel Ornelas who earned his cheffy stripes at London's Cambio de Tercio. Classic indulgent ingredients – octopus, chorizo, tuna, short rib, pork belly – are given fruity, spicy Pacific Coast flair. Tasting menus from Dhs119. tintoque.mx

5 CHEAP EATS

1 Forget espresso; head to cool Latino chocolatiers Mexicolate for a 'cacao love shot', a dark chocolate drink seasoned with cayenne pepper. facebook.com/mexicolate.cacao

2 Tomatina, a sunny little beachside surf shack in Lo de Marcos, is well worth a visit for its exemplary fish tacos and the tuna tartare with avocado and black sesame. laparotarvpark.com/la-tomatina

3 La Marisma is a bright, modern taco stand in a pretty cobbled street south of downtown Puerto Vallarta. Get the ceviche tostada, shrimp tacos, and a homemade hibiscus water. marismafishtaco.com

4 Head to local bodega Cenaduria Celia for standout home-style dishes including pig's trotters, pozole (rich stew-like soups), and a legendary jericaya (custard flan, without the cinnamon). +52 322 222 2778

5 There are two other branches of Mariscos La Tia in central Puerto Vallarta but this one is the most buzzy. Go for smoked marlin tacos, octopus tostada, and salta pa'tras (spicy ceviche). facebook.com/latiadosoficial

Maraika For dinner and a DJ, catch a boat from Boca de Tomatlan (20 minutes south of downtown Puerto Vallarta), to this happening beach club restaurant. Service is so laid-back it's almost hammock status and you'll be relaxed too after trying their legendary raicilla (see below), infused with local herbs, propolis and calabash (like a smooth Fernet-Branca). Mains (tacos, burritos, and Mex-Asian catch of the day) Dhs30 - Dhs40. For the best food and fun, book lunch during the monthly Sazon Mariakaday for a tasting menu devised by a visiting chef. casitasmaraika.com

LOCAL KNOWLEDGE

If you think mescal is the most modish Mexican spirit, then think again. Raicilla, made from two species of agave cactus specific to Jalisco state, is shucking off its moonshine status to be the latest hip tequila-related tippie. It's deeply artisan (made only by tiny producers), delicately smoky, and very local – it rarely makes it out of the state. 'They take it medicinally here', says Mike, from Casitas Maraika. 'It has a nice calming effect but then lifts you up. Everyone goes crazy about mescal but that's because they haven't had raicilla'.

WHERE TO STAY

A chic boutique hotel in San Pancho, **Cielo Rojo** is home to the must-visit Bistro Organico. Decked with driftwood, cool 1950s Mexican movie posters, bookcases stuffed with arty reads, and a teeny boutique of exquisite, locally-made accessories, homeware and jewellery, the nine bedrooms are traditional whitewash with colourful Mexican flourishes, and staff could not be more welcoming. Breakfasts (included) in the adobe-walled courtyard, become the event of the day with heaps of vegan, veggie, and gluten-free options. Don't miss the nopales rancheros, made with local cactus, the heavenly homemade granola, and the stupendous avocado smoothie topped with toasted cocoa nibs. Doubles from Dhs580 per night, B&B. hotelcielorojo.com

Castaway cool defines **Casitas Maraika**, a hamlet of five open-fronted houses set into the jungle-clad hillside over the pounding Pacific, an hour south of Puerto Vallarta. Accessed only by boat or on foot, choose from two minimalist modern cabanas set amid mango trees, a contrastingly sprawling Balinese-style house spread over three floors tucked away in a little adjacent bay, or two brightly painted Mexican-style casitas close to Maraika's white-sands. The beautiful boho beach club is where dinner (see above) and simple Mexican breakfasts are served (Dhs16). Doubles from Dhs708 including boat transfers and a welcome cocktail. casitasmaraika.com

For more information on travel around Puerto Vallarta, see visitpuertovallarta.com and rivieranayarit.com.

• Assistance for this feature was provided by rivieranayarit.com and visitpuertovallarta.com.



Puerto Vallarta's main square



Mexicolate



Casa Kimberly

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test kitchen



Barney Desmazery dishes out his 'eggspert' advice to help you in the kitchen

Ingredients in-depth: Speciality eggs



Quail These speckle-shelled mini eggs don't differ in flavour from hen's eggs, but their small size means they work well as a canapé. They can be poached or fried, but this is fiddly and they're best when simply boiled, peeled and eaten cold with some celery salt. Soft boil for 2 min, 3 mins for hard.



Bantam A bantam is a small chicken, and the hens lay an egg about a third smaller than usual. The egg has a larger yolk-to-white ratio, with a deep orange colour, making it a richer cooking ingredient. Bantam eggs also look great on Instagram when fried sunny-side-up. Soft boil for 4 mins, 7 mins for hard.



Duck With an ivory white shell, duck eggs are around 50% larger than hen's eggs and can be used in baking to make richer sponges. Duck eggs have a large yellow yolk, so they work well simply boiled and served with something dippy like asparagus. Soft boil for 5 mins, 10 mins for hard.



Goose At double the size of a hen's egg, and with a rich, creamy flavour, one goose egg is the ideal size for either a single omelette or a serving of scrambled eggs for one. Soft boil for 10 mins, 15 mins for hard.

IN THIS MONTH'S TEST KITCHEN

► **Next level** Cottage pie

► **Essential kit**
Chocolate makers

► **Step-by-step** Easter egg

► **On test:** Baking gadgets

A-peeling eggs

Egg nerd klaxon...

To perfectly peel an egg you need to break the surprisingly strong seal formed by the papery membrane between the shell and the cooked white. The fresher the egg, the harder it is to peel, but there are a few tricks to peeling like a pro...

- Crack the part of the shell that's covering the bottom of the egg. Leave it in cold water to loosen the shell.

- Adding vinegar to the water when boiling an egg softens both the shell and membrane, making it easier to peel.

- Pierce the bottom of the egg with a pin or a needle to allow a small amount of air in between the membrane and shell to loosen it once cooked.

The new boiled eggs

Top tip: All timings are for large eggs – deduct 30 secs if using a medium egg



Ramen eggs

Ramen isn't complete without an egg. The perfect consistency is a white that is fully cooked and a yolk that is just set. Boil for exactly 6½ mins.



Salad eggs

Whether it's a Niçoise or a crouton-and-bacon combo, the perfect egg should be neither runny nor hard. That means boiling for 7½ mins precisely.



Devilled eggs

For devilled eggs, sliced eggs or egg mayo, you need an egg that's cooked through without being overcooked. Boil for no longer than 9 mins.



TEST KITCHEN

NEXT LEVEL COTTAGE PIE

SERVES 6-8 **PREP** 50 mins plus at least
1 hr cooling **COOK** 2 hrs **MORE EFFORT**

photographs PETER CASSIDY



MINCE YOU ASKED

Beef mince goes in cottage pie; lamb in shepherd's pie. The meats are completely interchangeable, so use your favourite or go with the famous version served at London's legendary eatery The Ivy and use both. Use the best quality meat you can find, with 10-15% fat, which will form the basis of the 'roux' that thickens the gravy.

CUT THE MUSTARD

Cheesy mash is a must for a potato-topped pie, but we've taken it a step further and added mustard powder to create a rarebit flavour.

What Originally created as a way of using up leftovers, this simple dish of mashed potatoes, mince and gravy has as many variables as there are cooks who make it. It can be an eat-with-a-spoon comforting dish, but it can also be an impressive and more structured centrepiece.

How The main ingredients in this classic dish are a given – it's what you do with them that counts. We've taken this humble pie to the next level by giving it defined layers. We've also rethought the potato-peeling process to deliver a fluffier mash with much more flavour, and turned it into a rarebit topping. Finally, since there's no such thing as too much gravy, we're serving extra lashings of it on the side.

You will need

For the filling

2 tbsp vegetable oil
1kg lamb or beef mince,
or use half and half
2 carrots, peeled and finely
chopped
2 onions, chopped
2 tbsp plain flour
1 bay leaf
large pinch dried thyme
2 tbsp ketchup
2 tbsp tomato purée
generous splash
Worcestershire sauce

330ml dark ale
1.2 litres beef stock made
with 2 stock cubes or pots

For the topping

1.5kg King Edward or
Desirée potatoes,
unpeeled and kept whole
100ml whole milk
50g butter
2 tsp English mustard
powder
50g extra mature cheddar,
finely grated



GET THE MOST FROM YOUR EASTER ROAST

Traditionally, the meat element of this dish would have been – and can still be – leftover roast meat. To do it this way, pulse leftover beef or lamb in a food processor until chopped, fry off the veg in the recipe in 50g of butter or dripping, then add the meat once you've stirred in the stock.

IT'S ALL GRAVY

The right consistency for a meat sauce that mash can sit on can leave the finished pie on the dry side. So we've gone with a jug of extra gravy because, let's face it, who doesn't love extra gravy?

COLOUR IS FLAVOUR

Regulars to these pages will know how we cook our mince for extra flavour. Be patient and render the mince until it sizzles and browns in its own fat. Meat gets more flavour from caramelisation.

SAVE YOUR SKIN

Boil your potatoes with their skin on, and peel them once they're cooked. This means they'll absorb less water, giving you a fluffier mash with an earthier flavour. It's less effort this way since the skins will just rub off.

ON EDGE

With potato-topped pies, always start with a ring of mash, using the side of the dish to scrape the mash off the spatula, working your way into the middle. This encases the dish in potato without messily pushing the filling up the sides.

PLAYING KETCHUP

A generous squeeze of this storecupboard staple adds some acidity and sweetness. This flavour injection is boosted by extra tomato purée and Worcestershire sauce.

How to make it

1 Heat the oil in a large saucepan. Crumble in the mince and stir to coat the meat in the hot oil. Cook the mince for 15 mins until you are left with browned, toasted mince ☺ and the fat from the meat. Stir the vegetables in with the mince and cook for 10 mins until they start to turn brown. Sprinkle over the flour and cook for a further 2 mins. Stir in the herbs, ketchup and tomato purée, and splash in the Worcestershire sauce. Pour in the ale, bubble for a minute, then gradually stir in the stock. Leave everything to simmer gently for 1 hr until you have a tender mince in a rich gravy.

2 Use a slotted spoon to lift the mince and vegetables into a large baking dish, leaving the residual gravy in the pan. Drain the gravy through a sieve into another saucepan, then tip what remains in the sieve back into the baking dish. Leave the mince to cool, then put in the fridge (or, better still, the freezer if you have room) for at least 1 hr until the fat from the mince solidifies. *This part can be made up to two days ahead.*

3 While the meat sauce is cooling, make the cheesy potato topping. Tip the potatoes, whole and in their skins, into a large pan of salted water. Bring the pan to the boil and simmer for 15 mins until the potatoes are cooked all the way through. Drain off the water and leave until the potatoes are just cool enough to handle. Meanwhile, boil the milk, butter and mustard powder together in a large saucepan. Peel the cooked potatoes by rubbing their skins off with a tea towel. ☺ Mash or pass the potatoes through a ricer into the hot milk and butter, stir through the cheese and season with salt and pepper.

4 When the meat sauce has set, top with the mash. Start from the outside and use a spatula to scrape the mash against the side of the dish, ☺ then spread it over the middle of the dish. Using a fork, make lines across the topping. *Can be frozen for up to six months.*

5 Heat oven to 190C/170C fan/gas 5. Put the pie on a large baking tray to catch any drips and bake for 30-35 mins until golden. Leave it to rest for at least 10 mins while you heat up the extra gravy. Serve the pie at the table with green vegetables and the jug of extra gravy for pouring over.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 600 kcal • fat 31g • saturates 14g • carbs 43g
• sugars 8g • fibre 5g • protein 32g • salt 1.3g



ESSENTIAL KIT

CHOCOLATE MAKING GEAR

Since it's Easter, we decided to seek some expert advice on what equipment you need to work with chocolate. We asked Claire Burnet, co-founder and chief chocolatier at award-winning Dorset-based Chococo, for her recommendations

'I started my chocolate business from my home kitchen, which proves that with just a few of the right tools, you can turn out some fine Easter treats'

1

GREAT CHOCOLATE

Use chocolate made with pure cocoa butter and no vegetable fats. Don't buy cooking chocolate and select one that isn't too sweet.

Choose milk chocolate that's close to 40% cocoa solids, because more cocoa means less sugar, which means a more chocolatey taste. Look for dark chocolate with 65%-plus cocoa solids, but don't just go by the percentage since it's not an indicator of quality. Find a chocolate you really like before buying it in larger quantities.

chocolatetradingco.com

3

METAL SCRAPER

A chocolatier's stainless steel scraper has an angled blade to spread chocolate on a marble slab with ease, and also for levelling off excess chocolate in the mould.

Alternatively, a builder's scraper from a hardware shop will do the job just as well!

Chocolate scraper is available from Lakeland stores.

2

MARBLE SLAB

One of the best ways to ensure you're working with chocolate at the correct temperature, so that it sets with a sheen and a good 'snap', is to temper it on a marble surface. If you don't have granite worktops in your kitchen, then a granite or marble slab will do the job. Find out how to temper chocolate at bbcgoodfoodme.com Chocolate maker's slab, is available from Lakeland stores.

4

A GOOD THERMOMETER

It's always a good idea to have a probe thermometer to hand since it takes the guesswork out of things. The most common mistake people make when working with chocolate at home is that they have it at too high a temperature. Lakeland sells a useful integrated silicone spatula and thermometer, which ensures that you're working at the correct temperature while stirring your tempered chocolate – and that you get it all out of the bowl!

5

PLASTIC MOULDS

We prefer using plastic moulds to silicone ones, as they can give your creations a matt finish. It's easy to find plastic chocolate moulds online. Several companies offer a wide selection of Easter-themed moulds, including eggs of different sizes and patterns, hens, bunnies and lollies, for less than Dhs10 per mould.

homechocolatefactory.com

HOW TO MAKE YOUR OWN EASTER EGGS



1 Gently melt the chocolate and leave it to cool to 35C.



2 Spoon the chocolate into two moulds (see 5, left) and tilt so they're covered with chocolate up to the edges.



3 Leave to set, rounded-side-up, on baking parchment in the fridge. Loosen each half by gently squeezing the moulds – but keep them in the moulds.



4 Brush the edges of the egg halves with melted chocolate then press the two halves together.



5 Leave to set for another 5 mins in the fridge then remove from the mould to reveal a complete egg.



ON TEST

THE BEST NEW BAKING GADGETS

We rate the latest kitchen kit each month

If you're doing a spot of Easter cake-making, or your baking kit is in need of an upgrade, here's our round-up of the best new essentials...

BEST WHISK

Joseph Joseph Whiskle
Dhs52 josephjoseph.com



This ingenious invention combines a whisk with a spatula. Once you've finished whisking, you can turn the device over and use the built-in spatula to scrape the mixing bowl clean. The lightweight design means it can easily be used by kids, plus it's dishwasher safe and very easy to clean. The spatula attachment makes it a little tricky to fit inside a cutlery drawer though, so keep it in a utensil pot instead.

BEST BAKING TIN

PushPan aluminium deep tin
from Dhs62 hobbycraft.co.uk



PushPan does exactly what it says on the tin: these are genuinely non-stick tins, with no baking parchment required. During rigorous testing with wet batters, there were no nasty leaks – so no scrubbing burnt cake off the bottom of the oven afterwards. The tin itself is fairly easy to clean, but, as is the case with most baking tins, we'd recommend hand-washing with soapy water, since dishwashers can diminish non-stick qualities.

BEST GREEN GADGET

If You Care large baking cups
Dhs10 biggreensmile.com



If you're an environmentally minded cupcake fan, you can rest easy when you buy these premium-quality and entirely unbleached greaseproof baking cups. As well as being completely chlorine-free, the cups' other impeccably green credentials include the use of vegetable-based inks and non-toxic glue, plus packaging that's made from recycled materials. The cases are large enough to make standard-sized muffins or huge cupcakes, and are microwave safe and oven safe up to 220C/200C fan/gas 7.

BEST FOR ICING

Wilton icing smoother
Dhs55 divertimenti.co.uk



To create a perfectly even finish to your buttercream, invest in a decent smoother – they're much more efficient than a palette knife. This one looks like something a plasterer would use, and it gets the same results. Simply apply the buttercream, then hold onto the smoother's comfort grips and place it up against the buttercream. If you have a turntable, spin the sponge and hold the smoother firmly in place so the buttercream spreads itself evenly over the cake. This gadget is 9 inches, making it ideal for tall, tiered cakes.

BEST FOR MEASURING

Technoline digital kitchen spoon scales
Dhs52 maplin.co.uk



Digital spoon scales are invaluable when it comes to small amounts of ingredients, such as spices or baking powders, which need to be measured accurately. This scale will accurately weigh anything from 1g to 300g and it has a 'hold' function for locking the screen until you are ready to weigh.

BEST FOR SAFETY

Norpro silicone oven push/pull
Dhs45 amazon.com



Bakers can stop worrying about burning their hands and arms on scorching hot ovens thanks to this nifty little handle. The Norpro device latches onto your cake dish (or any casserole dish for that matter) allowing you to remove your bake from the oven at arm's length, with very little risk of burning yourself on hot parts. It's also pretty handy for when you need to test your cake to make sure it's cooked through – simply attach the device, pull out, pop in your skewer, then push the cake back in again. Easy peasy.

THE FOUR METHODS FOR CAKE-MAKING

When cake-making, there are four core methods for preparing the ingredients – each one will give a different texture to your bake. Try our tips for perfecting each one

All-in-one When combining everything at once, make sure they're at room temperature. As this method usually relies on a raising agent, you should also make sure the agents are fresh and you get the cake in the oven straight away. *Try our unicorn cupcakes.*

Melting For richer, moist cakes, a fat and sweetener are melted together before the other liquids and dry ingredients are added.

Make sure all the ingredients are properly mixed, sifting in flour and cocoa powder so they don't clump together. *Try our ultimate chocolate cake.*

Creaming The method for making a classic sponge involves beating butter and sugar until light and fluffy, then slowly adding eggs. If the mixture starts to curdle when you add your eggs, add a little flour to help bring it back. *Try our brilliant banana loaf.*

Whisking Introducing air into eggs (often separated) and sugar gives a cake its lightness. This can take up to 15 mins when using an electric whisk, so persevere until you have a fluffy texture. *Try our mango and passionfruit roulade.*

Find all these recipes at bbcgoodfoodme.com

Competition



WIN!

**A staycation for
2 at Marriott
Hotel Al Forsan,
Abu Dhabi!**

Win a Marriott Hotel Al Forsan, Abu Dhabi Staycation for two adults to celebrate their one-year anniversary worth Dhs5,000!

With 5-star accommodations and a superb location, Marriott Hotel Al Forsan, Abu Dhabi redefines modern travel. Celebrating their one-year anniversary in March 2018 just gone, be a part of the magic and enjoy refined comfort in an immaculately designed room, featuring featherbed mattresses and premium bathroom amenities. Sample one of six impressive dining options with a lavish breakfast buffet at the all-dining restaurant, Khayal. Revive your body and spirit at

the Caravanserai-inspired Saray Spa, which also features a traditional marble Hammam. Stretch out beneath the warm Abu Dhabi sun alongside the pool or get in some light cardio at the well-equipped fitness center.

Designed to exceed your expectation, the hotel is perfect for a staycation, located in the heart of the Al Forsan International Sports Resort, the hotel is just a short drive from Abu Dhabi International Airport.

The prize draw for a staycation for two at Marriott Hotel Al Forsan, Abu Dhabi will be made at the end of April 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

How many restaurants are there in the Marriott Hotel Al Forsan, Abu Dhabi?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

WIN!

**A 2-night stay
for 2 at Anantara
Dhigu Maldives
Resort, worth over
Dhs5,000!**

Win a luxurious two-night stay for two in a Beach Villa at Anantara Dhigu Maldives Resort, on a half board basis.

Anantara Dhigu Maldives Resort offers an idyllic Indian Ocean getaway for the whole family in the Maldives' South Malé Atoll, just a 35-minute speedboat journey from Velana International airport. Surrounded by soft, white sand in a tropical lagoon setting, the resort offers some of the most spacious luxury villas in Maldives, offering stunning sunrise and sunset views, a freshwater infinity-edge swimming pool, thrilling island adventures and an extensive wellness and spa programme for those who want to relax and rejuvenate in paradise.

The lucky prize-winner will have the opportunity to stay in a luxury Beach Villa which boasts a private terrace and garden with sun loungers and dining area, a sumptuous king size bed, complimentary yoga mats, an open air bathroom with a large terrazzo bathtub and outdoor rain shower, surrounded by tropical foliage and thatched roof for true island living. Each villa provides direct access to the powdery white beach and is conveniently positioned just steps away from the tranquil lagoon.

During their stay, the prizewinner can choose from a

wide array of facilities including, tennis, volleyball, daily meditation and yoga classes, swimming, cooking classes, or simply unwind at Anantara Spa with a range of renowned signature treatments. There's also an impressive selection of watersports on offer, taking advantage of the stunning azure waters that surround the paradise island. From diving, snorkeling and surfing, to island hopping by kayak, there's an ocean of adventure on offer.

Anantara Dhigu provides a feast of culinary options, from themed buffet dinners on the beach to Italian cuisine served in an intimate setting overlooking the ocean. There's also an opportunity to sample fresh seafood plucked straight from the Maldivian waters at the signature restaurant, Sea.Fire.Salt, as well as the undeniably romantic Dining by Design offering, offering bespoke private dining under the stars. Thanks to exchange privileges with neighbouring sister property Anantara Veli Maldives Resort, guests have even more dining options, including Thai and Japanese cuisine, plus additional breakfast, lunch and dinner options.

The prize draw for a two-night stay at Anantara Dhigu Maldives Resort, will be made at the end of April 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Transportation to Maldives is not included.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

In which ocean is Anantara Dhigu Maldives Resort located?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

FRIDAY BRUNCH FOR 2 AT BALLARO, CONRAD DUBAI! WORTH DHS850

The famous culinary buffet at Ballaro's Friday Brunch features live cooking stations and a large selection of international cuisines every week. Soak in the atmosphere and enjoy music from the live entertainment singing your all-time favourite songs.



WIN!

A FIESTAGAVE BRUNCH VOUCHER FOR 2 AT DIFC'S MODERN MEXICAN PEYOTE! WORTH DHS790

Immerse yourself in the flavours and spirit of Latin America at Peyote, Dubai's gateway to modern Mexican culture.

Located in one of the most prominent locations in DIFC's Gate Village 2 the Peyote FIESTAGAVE Brunch offers up a seductive trip resulting from the combination of native Head Chef Walter Melo's unmissable sharing plates inspired by over a decade of cooking for some of Mexico's most well-respected restaurants, lively music, exceptional service and vibrant atmosphere. Those wanting to carry on into the evening, can mingle in Peyote's lounge bar where mayhem and margaritas continue to flow until late. Peyote is open for brunch every Friday from 12:30pm - 4pm.



WIN!

A VOUCHER TO SPEND AT FISHERMAN'S CATCH AT NOËPE, THE PROMENADE! WORTH DHS700

Inspired by the classic coastal splendor of Cape Cod, NOËPE is designed to be light and breezy creating a relaxed yet refined environment. Enjoy an exquisite

selection of freshly caught seafood and sparkling as you sit back and relax on the alfresco terrace.



WIN!

A UE BOOK 2 SPEAKER! WORTH DHS799

UE BOOM 2 is ideal for group workout sessions, the UE BOOM 2 connects wirelessly to UE BOOM, UE BOOM 2 and UE MEGABOOM speakers (up to 50!) through new #PartyUp software and is the only speaker brand to do this! It comes equipped with a 15-hour battery life and a wireless range of 100-feet. Available in six amazing colours.



WIN!

BRUNCH FOR 2 AT SALERO, KEMPINSKI MALL OF THE EMIRATES! WORTH DHS620

Kempinski Mall of the Emirates is offering one lucky winner a delicious Friday Fiesta Brunch for two. Salero is

a vibrant tapas and bodega eatery serving the finest authentic Spanish cuisine in an ambient and charming setting. Flawless Flamenco performances and lively music from a Spanish guitarist and singer will transport diners to a bustling Valencian taverna while offering hospitality of a truly Iberian nature. Tantalise your taste buds with this Spanish feast which includes a variety of sharing tapas, unlimited paella, unlimited Spanish beverages and a platter of sumptuous desserts. This fantastic prize includes two soft drinks packages at the Friday Fiesta Brunch which takes place every Friday from 1.00-4.00pm.



WIN!

DINNER FOR 2 AT SIGNATURE BY SANJEEV KAPOOR! WORTH DHS500

Rediscover Indian cuisine and explore the breadth and variety of flavours

in a restaurant that aims to deliver a fine dining experience built around the soul of food.



WIN!

A DINING VOUCHER TO SPEND AT SOPHIE'S CAFÉ! WORTH DHS500

Bringing all the goodness to its new home in Barsha Heights, Sophie's Café serves up a fantastic selection of wholesome and healthy dishes.

Everything at Sophie's Café is created in-house from scratch with a particular focus on local, organic and whole foods. Once you've tasted Sophie's famous Zucchini Brownie, accompanied by their own cold brew coffee – you'll realise it's only fair to share the love. And that you can do with your voucher for AED 500, to treat your family or friends to a delicious breakfast, lunch or dinner.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



HEALTHY LIVING THE **KIWI** WAY!

Kiwi is an exotic fruit that originated in China, with a fuzzy outer skin and juicy flesh. Rich in trace elements, minerals and vitamins, the kiwi quickly conquered the global market with its unique, exceptional sweet and sour taste!



Why introduce kiwi into our daily diet?

It is rich in vitamin C. Consumption of a single kiwifruit can cover the human organism's daily requirement in this vitamin. It is also an excellent source of vitamins A, E and B complex, and it contains potassium, phosphorus, and magnesium.

European kiwis conquer the global market!

European kiwi stands out for its quality, both in taste and in nutritional value, because it is harvested by hand. Kiwis are placed in suitable refrigerated storage areas within 24 hours from harvesting, thus guaranteeing that all of the fruit's nutrients are preserved.

European kiwis stand out and are sought after in many international markets, and are exported to over 51 countries in Europe, Africa, Asia and America.

How to enjoy kiwis

There are several different ways to incorporate kiwis into your daily diet:

- Serve your friends a refreshing fruit drink made with kiwi and melon.
- Make delicious and healthy kiwi-based smoothies.
- Enrich your breakfast by adding freshly cut slices of kiwi to yoghurt or to your cereal.
- Enjoy chocolate kiwis! Cut the kiwis in slices and dip them in melted chocolate. The taste is a revelation!
- Simply add kiwi to your favourite green salad.

So let your imagination run free and pleasantly surprise your friends and family, by using kiwi in various recipes. The results will amaze you!



R I X O S

PREMIUM DUBAI



“Na Zdorovie” Brunch

Experience the best of Russian culture!

Join us every Friday for the ultimate “Na Zdorovie” brunch full of hearty Russian classics and stylish Russian flair. From traditional Borscht and Blinis to exquisite caviar and freshest seafood displays, Rixos Premium Dubai offers Russian Brunch for those who seek delectable cuisine and ultimate fun.

Every Friday from 1PM until 5PM

AED 299 for Ladies inclusive free flow Bubbly
AED 349 for Gentlemen inclusive free flow of Russian beverages

For bookings contact 04 520 0000 or
reservation.premiumdubai@rixos.com